

# Your Cayuga Quarterlyly

Cayuga Neighborhood Improvement Association

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April - June | 2024

# President's Note

C.N.I.A. Board Update

Friends, neighbors, and members:

As we come into the summer it's been an amazing year for CNIA and I'm so proud to be even a small part of it. While our business meetings are important and can both be informative and help to push important needs for the community to the right people (come join our next meeting planned for June 16th!) what I love the most is the increase in events both big and small that CNIA has helped run. From the amazing Halloween treat walk and Christmas Fair to the regular monthly Happy Hours at local businesses. These events help to bring and keep the community together and help us all keep in touch with the neighborhood. It can be easy to forget about that connection as we travel to and from but it's important if we want to have a welcoming community to live in. I hope to see as many of you as possible this week, **Thursday May 23rd, at the Dark Horse Inn (5-7pm)** for our regular Happy Hour and if you can't make it keep an eye on your email for our next one!

Every Happy Hour we've had has brought new neighbors who had never been to the restaurant or bar we were at and there is nothing I enjoy more. There are lots of great restaurants and bars around the city, but it doesn't feel like a real neighborhood if we don't have some good ones nearby. If you agree please make sure you keep your great neighborhood joints in mind when you are deciding what to do for a night whether it's a drink or a meal. Almost every restaurant and bar are struggling to a certain degree given the rent and cost of living crisis we have now, and our local joints are no different (more so even given we aren't as much of a business hub but still have high rents). Whether you can make this month's Happy Hour or not if you have a bit of spending money, I hope you'll keep spending some of it locally. You can always join me for my weekly Dark Horse habit if you need an excuse and I hope to see many of you Thursday!

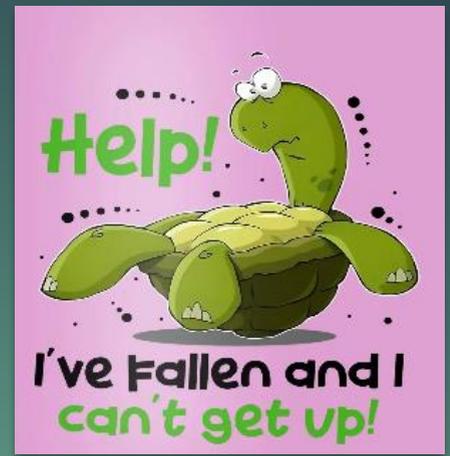
James,



# Did You Know That...?

By Chris Dillon

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



## There is Help Available

Introducing

### San Francisco's Aging and Disability Resources

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 indelible meme 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 taxpayer funded services, through the Dignity Fund, provided by the City and County of San Francisco which will help you get up and going again!!!

I am going to introduce you to an important gateway to city services for the aging and disability community in this column.

I was delighted when Supervisor Safai invited me to become the district 11 Representative on the Disability and Aging Services Advisory Board in 2022. I chose a career in gerontology 40 years ago and I have never regretted that decision! Though a San Francisco native, my professional life was anchored in San Mateo County. Despite my many years in elder care, I had no idea of the amazing depth and breadth of services which San Francisco offers our elder and disabled community members, their families, and all who care for them! In each column, as your DAS advisory representative, I will provide information on one specific service.

Last week, I visited our District 11 **Aging and Disability Resource Center (ADRC)**, which is located at 65 Beverley Street (near the Junipero Serra/19th Avenue split). This site is also the Catholic Charities OMI Senior Center. There is adequate parking available, and it is accessible via multiple Muni transit lines.

Learn more about ADRC locations by following this link:

<https://www.ioaging.org/collaborations-elder-protection/aging-and-disability-resource-centers-adrc/>



I arrived at the Catholic Charities OMI Senior Center at 12:30pm & was greeted by an array of ebullient elders. I found I could not stop smiling! I remembered the magic of my past career. While waiting for my host, Rosa, to join me I found myself swept into a ballroom dance class. I don't ballroom dance, I'm clumsy. I ballroom danced until rescued by Rosa. I had so much fun! This sense of wonder permeated the visit. In an adjacent room, there was a well-attended computer literacy class underway. A food bank was setting up outside of the building.

Continued...

# Did You Know That...?

Continued...

Rosa Mendez is the Assistant Deputy Director for Aging Case Management/Home Subsidy Services. She introduced me to a breath-taking array of in-depth services which can be accessed through the ADRC. Rosa's vast understanding of extensive and complex city systems and services was presented clearly. She is a delightful, calm, and consummate professional.

Last quarter, I introduced readers to the downtown HUB. Your local ADRC is an easily accessible, very local gateway to an array of services so extensive that I cannot begin to list them here! Rosa provided an outline of the vast scope of programs offered by Catholic Charities, through its contract with the San Francisco Human Services Agency, and the huge network of related service providers.



Rosa Mendez with Kurline Cambridge, M.A., Program Director/OMI Senior Center

## You can learn about ADRC services here:

<https://www.sfhsa.org/services/disability-aging-services>

I was then introduced to Jennifer Chang and Yvonne Bucay, Information and Assistance Specialists. These two professionals are miracle workers! In my mind, I began to picture them as weavers of an intricate tapestry. They keep their sewing box filled with supplies through a vast knowledge of resources. These are the threads which they weave into a design which will cover many, or all, of your needs. They will learn your story and then begin weaving a network, and providing a 'map', which will help you to address your needs &/or the needs of the person you are assisting. Jennifer and Yvonne will also provide practical assistance geared to your unique situation. They are bilingual and can help you fill out forms, assist with calls you may need to make, find transportation which fits your needs, and so much more. I asked them what recent successes have lifted their spirits. Their smiles, as they thought of services they had located and secured for their clients, were beatific. I can only give a few examples: they managed to locate a program which provided RING services for qualified recipients & which covered the major expense of the program. This resource is vitally important to elders who are at risk of social isolation due to the fear engendered by the media focus on hate crimes. They also linked elders to affordable smartphone access provided by Assurance Wireless services and low-cost energy assistance through PG&E. These cited program examples are a small percentage of their innovative successes in discovering elder and disability services for their clients.

## You can access ADRC services in the following ways:

- You can drop in to the Catholic Charities OMI Senior Center at 65 Beverly Street.
- You can schedule appointments in person or via ZOOM (I encourage you to do so):

Catholic Charities

### OMI Senior Center

65 Beverly Street, San Francisco, 94132  
415.334.5558 | 415.334.5550

Hours of Operation: Monday-Friday 8:30am-2:30pm  
(by appointment 2:30pm-4pm)

Languages Spoken: English, Chinese, Tagalog





# Exploring Cayuga!

Neighborhood Community Events

## CNIA Happy Hour Social Events

The CNIA has initiated ongoing happy hours at our nearby watering holes, and are pleased to announce the next one, and you're invited!

RSVP encouraged, but not required:  
[CNIA-happyhour-03.eventbrite.com](https://cnia-happyhour-03.eventbrite.com)

We have held two fun events so far. In February, we had our debut at the brand-new **Halfway Club, at 1166 Geneva**, where The Broken Record bar/eatery was formerly located. The new owners have done a great job in making a very welcoming spot, with good food and drink, as they say: "the idea of a 70's dad's basement bar and bring it to the Excelsior." In March, we gathered at **Gentilly, 4826 Mission Street** near Onondaga, "where Bourbon Street in New Orleans meets Mission Street."

We're excited to be going to **The Dark Horse Inn**, definitely a neighborhood favorite since 2011, dependable for a hearty meal, with dependable favorites, and changing specials. KQED's Check, Please! Bay Area praised The Dark Horse as "a family-friendly gastro-pub specializing in unique beers, hearty grub and a welcoming neighborhood vibe;" and Beer Advocate commended their draught and bottle beer selection, good service, and excellent food. Owners Sean Ingram and Andrea Ferrucci are hard-working dedicated proprietors and good neighbors, and it's always a pleasure to visit their business.

Here are a few pictures from our recent events:

Join the Cayuga Neighborhood Improvement Association (CNIA) for an informal

Meet your neighbors!

# HAPPY HOUR



★ **Dark Horse Inn** ★

The Dark Horse is a full service restaurant with full bar, featuring local craft beer, cocktails & wine, homemade comfort food.

Date: Thurs., May 23, 2024  
Time: 5 pm to 7 pm  
Location: Dark Horse Inn, 942 Geneva Avenue (near Mission Street), San Francisco  
RSVPs encouraged but not required: <https://cnia-happyhour-03.eventbrite.com>

Free raffle!

Kids welcome!



See you there!

Event Page & RSVP: 

<https://cayuga.improvement.association.org/> ★ Email: [cayuga@improvement@gmail.com](mailto:cayuga@improvement@gmail.com)





# Exploring Cayuga!

Neighborhood Community Events

## Outer Mission/Cayuga Neighborhood Clean Up

with Cayuga Neighborhood Improvement Association (CNIA),  
TogetherSF, RefuseRefuseSF.org & SF Public Works



**Saturday, May 18, 9-10:30am**  
**meet at Alemany & Seneca**

Equipment will be provided; bring work gloves if you have them.  
Advance registration (not required) at: <https://bit.ly/cayuga03>



Info for this and other SF clean ups:  
<https://refuserefusesf.org/cleanups>  
<https://www.steveindigpr.com/cleanup>



### PLEASE JOIN SFPD INGLESIDE STATION FOR A **COMMUNITY MEETING WITH CAPTAIN HURWITZ**

SFPD Ingleside Station's Community Meeting will be held **in-person** on **TUESDAY, May 21st, 2024 at 6:00 P.M.**

**In-person** participants can go to the Ingleside Station,  
**1 Sgt. John V. Young Ln., San Francisco.**

Thanks, and we hope to see you soon!



If you have any additional questions, please contact  
Ingleside Station at (415) 404-4000 or email [sfpdinglesidestation@sfgov.org](mailto:sfpdinglesidestation@sfgov.org)



Family  
Connections  
Centers

fccenters.org • @fccenters



**eAG** Excelsior  
Action  
Group

eagsf.org • @excelsior\_ag

San Francisco Department of  
Early Childhood

SAN FRANCISCO  
OFFICE OF ECONOMIC &  
WORKFORCE DEVELOPMENT



# FAMILY CARNIVAL

**MAY 19** | **1-4**  
2024 | PM

**BALBOA PARK**  
SAN FRANCISCO, CA

**FREE • GRATIS • 免费的 • MIỄN PHÍ**



**CARNIVAL GAMES,  
COMMUNITY RESOURCES,  
AND FAMILY FUN**

**嘉年華遊戲、社區合  
作夥伴和家庭樂趣**

**JUEGOS DE CARNAVAL,  
RECURSOS COMUNITARIOS,  
Y DIVERSIÓN FAMILIAR**

**TRÒ CHƠI HỘI CHỢ VÀ  
NIỀM VUI GIA ĐÌNH**



OMI Cultural Participation Project

# OCEAN AVENUE CAR SHOW

Ocean Avenue & Lee Avenue

San Francisco, CA 94112

Classics, Exotics, Lowriders & Motorcycles



**Saturday**  
**May 18th, 2024**  
**12PM to 3PM**

[www.omi-cpp.org](http://www.omi-cpp.org)  
Info: Maurice Rivers · 415-729-3658



The OMI  
Cultural Participation  
Project



**KASEY  
BRUCE**  
MEDIA

**FREE TO THE PUBLIC**



# Neighborly News

Updates from your C.N.I.A. Board

## Casa Colibri (Mission Inn) Advisory Group | The "CCAG"

by Barbara Fugate

The Casa Colibri (Mission Inn) Advisory Group has continued to meet every month since December. We are happy to report that there has not been any impact on police services at this location since they started accepting residents in the late fall, 2023. No crime, no arrests.

The new construction that you see now is Phase II of the project. There will be 3 ADA rooms, a community room, and the building will be painted. Budget cuts may limit any changes to the front fencing. The final goal is to house 51 people.

In March and April, the group was advised about phase II of the project, and the residents' needs, such as hygiene items. If you can, donations of shampoo, conditioner, razors and shaving cream, deodorant, soap, lotions, etc. would be greatly appreciated. Additionally, socks are always needed, and there are two dogs and three cats who would appreciate dry and wet canned food.

The CCAG has also discussed the possibilities of medical insurance, internships and jobs (of note, the OMI has a terrific job assistance program). Currently, the staff has been able to help residents work towards obtaining their security guard card or CNA license.

You can donate items yourself by dropping off with the staff in the front office, just inside the gate. **In the interest of protecting client's privacy, please take a moment to call before delivering your donations: 628-285-2455.** Alternatively, you can drop them off with me (Barbara) and I will take all the donations up once a month.

## Oh, by the way...

Did you know that Recology (the waste management company that picks up our green, blue, and black waste bins) provides more than just curbside pickup? For example:

- They offer free special services to residents who are physically unable to set their bins near the curb. If you need help with your bins, call Recology at **628-201-0077 for assistance.**
- Twice a year, Recology lets you schedule free bulky item pick up. Use their website tool to list your items and schedule a pickup date.  
<https://www.recology.com/recology-san-francisco/bulky-item-collection/>

Go to their website for other FAQs about our garbage and other Recology services:  
<https://www.recology.com/faq/>

## Coming soon:

### Sunday Streets Excelsior

Sunday, July 21st, 2024, 11am-4pm

Taking place on Mission St between Theresa/Avalon St and Geneva Ave, neighbors and visitors alike are invited to the Excelsior to enjoy free recreation, health resources, music, dance and more. Find us at the CNIA booth!

<https://www.sundaystreetsf.com/excelsior/>

# Remembering Marilyn

I'm sure all of us recognize those very useful memo pads which show up in our mailbox each year. Our grocery & to do lists often feature a photo of a community realtor with contact information. Many of us find Marilyn Driscoll smiling at us from atop our indispensable reminders ...'don't forget to clean the fridge before mom visits', 'make my dentist appointment', 'wash my good blouse for tomorrow's meeting'...etc. etc. etc.

Those of us who routinely drive along Cayuga, between Mt. Vernon and Ottawa, would smile every time we saw the brilliant seasonal decorations splashed across Marilyn's home. No holiday was unrecognized, as Marilyn celebrated life unreservedly and shared her joy with her community!

A sparkling spirit has transitioned to a higher community now and we will miss her! Marilyn was an energetic supporter of the Cayuga Neighborhood Association for the 49 years she called Cayuga Avenue home. Years of health challenges did not dim her spirit! She left us early Tuesday, May 7, on the anniversary of her first holy communion.

Marilyn was a quintessential Irish San Francisco native. Her childhood family home was located on the corner of Caesar Chavez and Guerrero. She celebrated her life's milestones in St. Paul's Church and was a graduate of St. Paul's high school. She met her lifelong 'best friend' Sister Nora, O.P., who was also raised on Caesar Chavez & Guerrero, before she was one year old. She lived there until purchasing her Outer Mission home on Cayuga 49 years ago.

Once settled in her forever home, Marilyn became an active member of the CNIA. She served in many offices over the ensuing almost 50 years, including being our Sunshine Committee leader for 30 years, making sure members received greeting cards or calls on special occasions.

As our community began to age, we realized that there was a need for an Aging in Place network. Marilyn hosted the formative committee meetings exploring this need and how to respond to it in her home. Thanks to her participation, the Cayuga Community Connectors were launched in 2012. Marilyn, with Glenda Hope, was instrumental in creating San Francisco's first aging in

place network. There are now 8 Connector groups, and the movement is growing every day!

Glenda Hope contributed her memory of Marilyn: "Marilyn received the 'Good Neighbor Award' from the Cayuga Community Connectors in 2024 because she was always so welcoming, opening her heart and her home to meetings, organizing for the neighborhood of Cayuga Terrace, and giving generously to those in need, especially children. Her friends in Cayuga organized 2 mornings (10-12 AM) for people to come by for coffee and donuts and to celebrate her 85th birthday (April 13 and 14). 70 people came! One family of 8 children came in the evening, bringing Chinese takeout, and sat in a Circle of Love so each could tell her what she meant to them, and she could respond. Miss Marilyn had become a surrogate mother since their own mother died many years ago."

Marilyn's sparkling spirit will live on, infusing the community which she enriched for over 49 magical years!

**May her memory be a blessing!**



Marilyn Driscoll, left, with Glenda Hope

# Get 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](mailto: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](mailto:victimservices@sfgov.org)  
[www.sfdistrictattorney.org](http://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 Meeting Minutes are posted on the CNIA website  
and on Facebook.

<https://cayugaimprovementassociation.org/>

