NOW THAT SIX deep-pocket new-comers to the mid-Market are more than three months into the process of ‘giving back’ as part of the community benefit agreements they signed to quality for the Twitter tax break the committee that was the community’s sole voice in the process has been side-lined on a technicality. For how long is unclear.

‘June’s probably a wash,’ Ivy Lee, an aide to District 6 Supervisor Jane Kim said in mid-May while discussing efforts to reconstitute the Citizen’s Advisory Committee (CAC) for the hopelessly purged Panorama Commission.

The panel’s next order of business was to review the first quarterly reports submitted by the $1 million-plus payroll companies required to execute CBAs: Twitter, Yammer, One Kings Lane, 21Tech, Zoosk and Zendesk.

Four members of the unpaid CAC were informed the day before the May meeting that they had been ‘deemed to have resigned’ due to unexcused absences from meetings of the committee, which was formed in 2011 to advise the city administrator on the framework of benefits, review the draft agreements and take public input on them. The committee has no authority to accept or reject the agreements or order specific changes, only to make recommendations based on community feedback.

The city’s power play blindsided many CAC members, most of them unsure of the procedure that has cost the committee dearly in lost time as the CBAs are starting to be implemented.

Bill Barnes, the city administrator’s chief liaison between the tech companies and the CAC, on the advice of the city attorney’s office wrote the panel May 1 that four of its members had to reapply for their seats through the Board of Supervisors Rules Committee if they wished to continue serving, explaining that the city attorney had determined the CAC had not followed procedure in excusing absent members. Four unexcused absences triggered the purge, although the minutes sent members. Four unexcused absences, not followed procedure in excusing absences, were submitted by the City Attorney to the Board of Supervisors Rules Committee if they wished to continue serving, explaining that the city attorney had determined the CAC had not followed procedure in excusing absent members. Four unexcused absences triggered the purge, although the minutes sent members. Four unexcused absences, not followed procedure in excusing absences, were submitted by the City Attorney to the City At- torney’s Office.

Confirming the Lafayette’s seminal year until one glances up to bark:

The Lafayette has been used often as a backdrop diner for the old times, the owners who owes him a C note.

‘Coming, coming!’ she shouts back.

‘I’ll have a root beer, Mei!’

Continuing the Lafayette’s seminal year wasn’t easy. Records in the Main Library’s documentary filmmakers. Another historic addendum: The Lafayette, next door to the Cadillac grocery, is across the street from the former Wally Heider studios where the grateful Dead, Jefferson Airplane and Van Morrison recorded in the late 1960s and ’70s.

MEI’S REIGN

On a Monday morning about 11 a.m. Mei holds forth in a stentorian voice that can peel the peach wall paint. The Lafayette is clearly the waitresses’ empire. She’s ruled here for 27 years. Short, gruff and as a drill sergeant, she can also at any second rock the place with peals of laughter.

‘Everybody knows me,’ she says abruptly. ‘Like Mimi!’ With that, eyes dancing, she throws her head back and laughs like there’s no tomorrow. Four customers, scattered in corners, hunker over their food, pay no attention until one glances up to bark:

‘I’ll have a root beer, Mei!’

‘Coming, coming!’ she shouts back.
Central City Extra honored for its overall excellence

S.F. Peninsula Press Club hands paper 8 news awards — 3 are blue ribbons

By Marjorie Beggs

CENTRAL CITY EXTRA again took home kudos from the San Francisco Peninsula Press Club’s June 1 Greater Bay Area Journalism Awards dinner. Winners for the 36th annual event were selected from 463 entries from 11 counties, and represented work done in 2012 in print, online and broadcast media.

The Extra, submitting stories and graphics in the Newspapers Non-Dailies category, won eight awards. Extra Editor and Publisher Geoff Link’s headlines got two prizes first for ‘No ifs or ands in litter’ — but plenty of butts,’ which topped a July story about teen volunteers who picked up 2,072 cigarette butts in two hours, and second prize for ‘Free food for sale’ the May story about sidewalk food sellers. The award presenter told the audience that “Free food for sale” does exactly what headlines should do: ‘Accord ing to the jury, it tells it all.”

The Extra took second place for Overall Excellence among non-dailies, beating out the Silicon Valley/San Jose Business Journal. First place went to the Palo Alto Weekly.

Recently retired reporter Tom Carter took third prize in the Series category for his Tenderloin Stars stories — about Frank, 21 Club bartender (February), artists living in SROs (March), Hospitality House Executive Director Jackie Jenks (June), and Sumi Monaroa, monthly volunteer chef and resident of the Dalt Hotel (August).

In the Specialty Story category, Carter also won third prize for his poignant, thorough story “Diabetes Central,” about the scourge of the disease in the Tenderloin (November).

Two first prizes went to reporter Jonathan Newman, one in the category of Feature Story of a Serious Nature for his “Free food for sale,” the other in the Feature Story of a Light Nature category for “It’s a shoe-in a Sheikh,” his July tale of the people who waited in line for six days to buy Air Yeezy II sneakers.

Art Beat contributor Ed Bowers won third prize in the Analysis category for “Poet’s Tenderloin Tour” (December-January), a lyrical, first-person look at the neighborhood’s heroes, homeless and characters, an innovative adventure in urban journalism.

The Central City Extra winners, from left: Marjorie Beggs, senior writer; Ed Bowers, Art Beat writer; reporters Jonathan Newman and Tom Carter.

Burnishing Tenderloin’s image

By Marjorie Beggs

PHOTOGRAPHER Troy Holden is looking for individuals and families who live or work in the central city to shoot in their home or place of business. In 10 months, he’s done 32 such sittings as part of his Behind Brick Walls project and is aiming for 50 by the end of June.

He’ll give each participant a free, framed, 8 x 10 color portrait. There’s no catch.

Holden launched his project with $1,500 from the TL CBD. “We’re mandated to use 5% of our budget each year to promote a positive district identity for the Tenderloin,” wrote CBD Director Dina Hilliard in an email. She expects this project to help “prompt a change in the usual perception that the Tenderloin is a neighborhood to be avoided [and] highlight that behind the brick facades of the buildings is, in fact, a rich and vibrant community.”

Holden, who lived in the central city for 10 years, starting in 1996, says the CBD commission pays for only the printing and framing of the portraits. “All of my time is donated — it’s a labor of love for a neighborhood I care about. My subjects have been traditional families, single mothers, same-sex couples, millionaires, SRO residents, artists and much more.”

From the 50 portraits, he’ll pick out the strongest images, print them on 24 x 36 archival quality paper and, with the subjects’ permission, donate them to a historical society or possibly publish them online.

For more info or to schedule a sitting: 283-7452 or troyholden@gmail.com.
City’s power play blindsides CaC members and others, the situation was not under official review until April.

The four members, combined with three existing vacancies, means the committee’s four surviving members had no longer a quorum for the committee’s general business, as the required quorum for the 11 member body is five. All members of the CaC were taken aback,” said Mara Blitzer, who serves as senior citywide program coordinator for Seat 9, which is reserved for an expert in commercial real estate leasing.” In my opinion, it is really unfortunate that the city (the city’s administrator) wouldn’t change.

While the committee’s rules and regulations, as described on the city administrator’s website, simply say: “If any member of the Committee, he or she should notify the Office of the City Administrator in writing of any absences; any member who misses four meetings within a 12-month period, without the approval of the Committee, he or she shall be deemed to have resigned.”

For an absence to be excused, it must be approved by the chair. The results noted in the minutes of the meeting, Barnes said.

“ADMINISTRATIVE SNAFU”

Back in 2011, when the Citizen’s Ad visory Committee was formed, “It was never clear about what we were sup posed to do,” Blitzer, one of four members who have been on the CaC from the beginning, told The Extra. The people were emailing (their excuse to) the chair, some were emailing the city administrator... The city administrator sets the agenda and was supposed to put the topic of excuses absences on the agenda. That was a massive admin istrative snafu. There was no procedure in place.

In 2011, when the City’s administrator’s office and the commit tee chair, Dina Hilliard, would get mes sages from committee members about upcoming absences. But although she was in frequent communication with the committee and Hilliard about agenda items, Hilliard said, “All the agenda items are set by the chair. Obviously, the committee members to figure out what it’s all about.”

“Rules are rules, but before you bring the hammer down, I do feel like there could be some kind of warning and discussion and a head’s-up.” Dina Hilliard

But quorum or no, those reports are now before the city (the city’s administrator) for presentation to Market Street for the Masses in late May, describing various CAC activities including 189 volunteer hours by its staff at Glide, Episcopal Community Services and the Tender loom Tech Lab out of its goal of 625 hours this year: almost $15,000 in local spending at two cateded events, film screenings, walking tours, part nerships with Luggage Gallery on art installations, and donating eight bikes to the Tenderloin After School Program.

Zendesk also listed community in vestments that it described as being outside of its CAC, including sponsoring a float in the 2013 Pride Parade, Sunday Streets, the TNDC birthday dinner on May 17, Luggage Gallery’s ArtPad event and the CHEFS Summerline Program.

Barnes, however, said he had not seen Zendesk’s accounting, nor any others, and blamed “a state of flux in the CAC, but not the lack of a quorum, for the delays in producing the quarterly reports. He said CaC members had expressed concerns about the reports and their format. The city administrator is considering various for mats Barnes said he’d contact The Ex tra when a format had been agreed to and forms delivered to the CAC firms.

“they (the CAC) wanted a more consistent and transparent form of re port,” he said. “Now that there’s that extra delay, we’re writing up three or four different options.”

He also said that more important, in his view, would be the six-month report the CAC is required to give the Board of Supervisors and the annual report on the CBAs the city administrator must make to the board.

I think most (CBA companies) have been pretty good about notifying the community and city about their efforts,” he said. “The City’s administrator’s staff took the time to call and let us know they were hiring, and we really struggled with that. But there’s obviously some stuff that’s below the radar.”

APPLICATIONS PULLED BACK

The CAC vacancies were posted May 7 based on information Barnes pro vided to Rules Committee Chairman Norman Ness aide Matthias Morinno. Kim’s aide by Lee said the supervi sor had been personally recruiting CAC applicants and mentioned the open ings in her newsletter.

“We’re really pushing to fill the seats not with just anyone, but people with real expertise who could have an impact on building relationships between the neighborhood and commu nity and these companies,” Lee said.

He said the Mayor’s Office of Economic and Workforce Development, which reviews applications for the payroll tax exclusion, on May 23 sent an email through its Central Market Partnership organization mentioning a May 24 application deadline and describing the application process.

Vacancies must be posted for 30 days and applications received 10 days before the Rules Committee can act on them A dozen applicants met the May 24 deadline (see sidebar on Page 6.)

Ultimately, however, the Rules Com mittee finalized its agenda for the June 6 meeting without including the CAC vacancies. Barnes on May 28 cited concern about the level of outreach and said the May 24 deadline had already passed.

Diabetes nerve damage can affect the legs, feet, or hands, causing numbness or loss of sensation. But since this nerve damage comes on gradually, many do not even realize they have a problem until it leads to more serious complications.

Dr. Nancy J. Bohannon, a diabetes specialist in San Francisco, is conducting a research study to investigate an investigational medication that may help reduce nerve damage to people with type 1 diabetes. If you choose to participate, you will receive a no-cost, non-invasive test to help determine if you have early signs of nerve damage.
The Lafayette is open daily 7 a.m. to 10 p.m. employs four to five workers depending on the hour: about half as many as at Manor House, which closed at 3:30 p.m. because Mimi feared being in the neighborhood’s seedy center after dark. Mei and Nam, the day cook, get off work in late afternoon when the owners of eight years, Stanley and Stephanie Yang, come in and take over as cook and waitress. Prices are a dollar or two above the Manor House menu. Lunch ranges from $5.20 for a cheeseburger with hash browns (a thin dime more than a hamburger) to $11.60 for prime rib, which costs a dollar more at dinner. Corned beef, a Thursday special, is $6.80. Manor’s cost $4.95. Still, a $6 Lafayet lunch of a hot ham sandwich with veggies and mashed potatoes is a good deal, and the chef’s salad for $6.45 probably beats anything in town.

In fairness, by explaining Manor House’s across-the-board lower prices, building owner TDNC kept the rent down provided Mimi would anchor prices at rock bottom because most of her customers were poor, dependent on Social Security or disability checks.

TAKING OVER FROM UNCLE JACK

The Yangs bought the Lafayette from Stanley’s uncle, Jack Chow, after Stanley served a stint as apprentice cook. Uncle Jack, they say, owned the place for nearly 40 years until he retired and went back to China. On a Sunday evening, 45-year-old Stanley is at the counter, wiping his hands on a rag, and Stephanie, a pret-stanley is at the counter, wiping his hands on a rag, and Stephanie, a pret-"Yes, yeah, Lefty O’Doul’s is about the same, too," Dave says. "I’m alone in the first booth, turned sideways, his arm resting on the back. A knee is hiked up on the seat in a domestic sprawl. It’s a San Francisco menu."

"The Tennessee Grill," pipes up the only other customer. He’s in a booth across from Dave, finishing dinner. "That’s another one," referring to the Taraval Street stalwart. Likewise, Original Joe’s back in the day.

"The only loss was on Friday night when they got rid of Swiss steak," says Dave. "You know, you can relax in a booth, sit down and socialize with your friends, it’s a family neighborhood restaurant."

"Move your office!" she tells them."

"Mei’s a little abrasive, but she has to be. She loves a good argument and I love to argue with her, my sparring partner. She runs the drug dealers off who hang around outside."

"But Donna Lisa would know how long they’ve been here," he said. "She’s in once a week, sometimes twice. She started coming here in 1957 when she was in the service."

"I love the booths," Brochette continues, growing lively with introspection. "They stick the food here. I love Mei — she’s the main reason, a good waitress, friendly, always busy cleaning things."

"We build relationships," Dave says. "The customers know each other, you sit down and socialize with your friends, sit with the same people, tell the same stories — or accepted lies. It’s a family neighborhood restaurant."

On a morning in April, Don Brochette, 67, is sitting in the back booth at the window, whose ledge goes toward to the door and holds a half dozen healthy plants, a green touch Mimi’s lacked. The booth were here before Brochette, who lives on Turk, started coming in 1972.

The Lafayette is a landmark — another of an earlier time in the neighborhood. The walls are filled with a mixture of judgments about life fill the place. "Only one out of five women are any good," one says. "Our quality is definitely better."

Donna Lisa Stewart

The Lafayette family

Dave lived up the street Years Ago, he dropped in once on his way to work as a security officer. He’s eaten here pret-"Mei’s a little abrasive, but she has to be. She loves a good argument and I love to argue with her, my sparring partner. She runs the drug dealers off who hang around outside."

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The prime rib was better the next day

I ordered prime rib, one of five that chef and owner Stanley Yang expects to serve on Sunday nights. Mine arrived in short order with split pea soup, salad, green beans and mashed potatoes with gravy. The soup was thin, swimming with carrots and bok choy. It was enjoyable and tasty. The salad was exactly what Manor House served — iceberg lettuce with a slice of tomato and Thousand Island dressing. Passable. The prime rib arrived medium rare, as ordered. Its 8-inch length varied from ½ to 1-inch thick. The accompanying green beans were fresh and okay, though the potatoes were watery and the gravy lacked taste.

I couldn’t eat the meat. I chewed and chewed and chewed. The flavor wasn’t bad, but I couldn’t break it down and ended up leaving moist wads on the side of my plate. So, after bread pudding for dessert, far too sweet for my palate, I took the remaining, thinner half of the prime rib home and put it in the refrigerator.

Late the next afternoon, I took it out and ate it with a cup of coffee. It was real good and tasty, inexplicably tender. I swallowed every bite. easily.  ■

— Tom Carter

LAFAYETTE COFFEE SHOP
LOCATION: 250 Hyde St. in the Tenderloin.
HOURS: open 7 days a week including holidays from 7 a.m. to 10 p.m. Breakfast, lunch and dinner.

THE CUSTOMERS

as she plops down Spike, her little black and white dog, then sits beside him across from Brochette, who is finishing lunch.

She was a 17-year-old medic in the Army, taking courses at the Presidio in 1957 when a sergeant at Letterman Hospital recommended to her a Greek restaurant in the Tenderloin called the Lafayette Cafe. Get the moussaka, he suggested.

“That’s what I came in for,” Stewart recalls, as Mei hands her a menu. “The food’s always been good, and nothing has changed much since. They go out of their way for you here. Mei’s a little abrasive, but she has to be. She loves a good argument and I love to argue with her, my sparring partner. She runs the drug dealers off who hang around outside. ‘Move your office!’ she tells them.’

She laughs. Stewart was in the Army seven years and lived in several cities before returning to San Francisco in 1971 — and to the Lafayette. She lives at the Alexander Residence.

Stewart’s unusual because she used to dine at Manor House almost daily until it closed, and once or twice a week at the Lafayette, which had better food, she says, but Mei’s was cheaper. Now, she’s been eating lunch five days a week at the Salvation Army’s Kroc Center. $1.50 for seniors to eat inside, $2.50 to go.

“It’s hard to find a cheap place,” she says. “I couldn’t afford to eat here if it wasn’t for the Salvation Army.”

Her favorite Lafayette lunches are turkey, sometimes corned beef, “but ask them to slice it thin.” The daily special, she points out, you can get any day. “It cracks me up.” Today, though, she orders scrambled eggs, sausage, hash browns, toast and coffee. Cost: $7.95.

It’s pretty clear that the Lafayette, with all its elements, has a strong nostalgic pull.

‘I’ve seen people here I haven’t seen for years and years,” Stewart says. “A man comes down from Seattle every now and then, just to see the people here.”

HANDLING HARD CASES

It’s a self-protecting community, too. Unusual customers rarely come in, but when they do, the hefty servers handle the problem themselves. Calling the police is the reluctant last resort. A crazy man came in off the sketchy Hyde Street block the week before, yelling and swearing incoherently, likely high on drugs, Brochette says. He grabbed the guy and muscled him out with only “a little” resistance.

Stanley and Stephanie clean up after closing at 10, then step out into the dark street together. When asked one Sunday evening if he wasn’t afraid at that hour, he said no. “I guess we live in the better part of the Tenderloin.”

“You’ve Dave cracked from his booth, ‘but he needs the protection.’

The old boys talk like that. The chef keeps to himself. And the waitresses laugh like crazy. ■
Citizen's Advisory Committee must fill 7 vacant seats

A
doen applicants have stepped forward to be considered for the seven vacant seats on the Citizen's Advisory Committee, which helps frame the terms of the city's community benefit agreements with companies seeking the payroll tax break.

Following are descriptions of the 11 candidates who are intended to include representatives of the neighborhood's main constituencies, the people, places and issues that need to be addressed in the neighborhoods. The applicants were selected through a process that included interviews and a review of their qualifications.

The first applicant for seat 1 is Esther Lee, who is a candidate for the 1st District and sits on the board of the San Francisco Community Benefit Agreement. Lee has a master's degree in public policy and has worked for several years on affordable housing and home ownership.

The second applicant for seat 2 is R. , who is a candidate for the 2nd District and sits on the board of the San Francisco Community Benefit Agreement. has a background in urban planning and has worked on affordable housing and home ownership.

The third applicant for seat 3 is Jim , who is a candidate for the 3rd District and sits on the board of the San Francisco Community Benefit Agreement. has a background in public policy and has worked on affordable housing and home ownership.

The fourth applicant for seat 4 is , who is a candidate for the 4th District and sits on the board of the San Francisco Community Benefit Agreement. has a background in public policy and has worked on affordable housing and home ownership.

The fifth applicant for seat 5 is , who is a candidate for the 5th District and sits on the board of the San Francisco Community Benefit Agreement. has a background in public policy and has worked on affordable housing and home ownership.

The sixth applicant for seat 6 is , who is a candidate for the 6th District and sits on the board of the San Francisco Community Benefit Agreement. has a background in public policy and has worked on affordable housing and home ownership.

The seventh applicant for seat 7 is , who is a candidate for the 7th District and sits on the board of the San Francisco Community Benefit Agreement. has a background in public policy and has worked on affordable housing and home ownership.

The eighth applicant for seat 8 is , who is a candidate for the 8th District and sits on the board of the San Francisco Community Benefit Agreement. has a background in public policy and has worked on affordable housing and home ownership.

The ninth applicant for seat 9 is , who is a candidate for the 9th District and sits on the board of the San Francisco Community Benefit Agreement. has a background in public policy and has worked on affordable housing and home ownership.

The tenth applicant for seat 10 is , who is a candidate for the 10th District and sits on the board of the San Francisco Community Benefit Agreement. has a background in public policy and has worked on affordable housing and home ownership.

The eleventh applicant for seat 11 is , who is a candidate for the 11th District and sits on the board of the San Francisco Community Benefit Agreement. has a background in public policy and has worked on affordable housing and home ownership.
LIVING IN A SUCCESSION OF TENDERLOIN AND FOR TENANTS' RIGHTS WHO SPENT THE LAST:

UE BRANDING SHORTY'S LIFE. HE WAS TALL IN SPIRIT, "Said Weir.

PHOTO COURTESY OF CAMELOT HOTEL

Who can say if Donald Busch's life was a success or a failure? His friends and family will remember him with fondness.

Hill Family photo

THE MEETING PLACE FOR HOMELESS

He was the Mayor of Sixth Street. "If you were a street person, you went to Shorty's. He was the Mayor of Sixth Street."

He was the Mayor of Sixth Street. "If you were a street person, you went to Shorty's. He was the Mayor of Sixth Street."

MEMBER SHORTY'S SAYING SHE WAS "FUR RUSH HAD S A FLAT 4 BURNER REFRIGERATOR 2 BURNER".

The memorial at Alexander Residence to honor the life of Wanda June Hill opened softly with the sounds of 1950s Elvis. Ms. Hill's favorite, croonin' in spirituals. A table displayed a framed family photos surrounding a green and gold urn holding Ms. Hill's ashes graced the front of the community room.

Wanda June Hill Disarmingly punny

The memorial at Alexander Residence to honor the life of Wanda June Hill opened softly with the sounds of 1950s Elvis. Ms. Hill's favorite, croonin' in spirituals. A table displayed a framed family photos surrounding a green and gold urn holding Ms. Hill's ashes graced the front of the community room.

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COMMUNITY CALENDAR

SPECIAL EVENTS

Summer reading programs, SF Public Library, June-Aug 11. Kids, teens and adults sign up and keep an online tally of the number of hours spent reading books of their choice. Get prizes after reading 40 hours: books, museum passes and eligibility for raffle with really big prizes — museum membership and $500 gift card for Chronicle Books. Info: 565-1960, click Summer Reading.

ARTS EVENTS

Free movies at the Main Library, Thursdays, Koret Auditorium: For Love of the Game (June 6), Moneyball (June 13), De Lovely (June 20), Saved (June 27). Info: rpl.org.

“The Boot,” EXIT Stage Left, 156 Eddy St. 4 p.m., a solo work in progress about how to survive the breakup of a long relationship by Margery Kreitman. Info: 554-6789. Open to the public.

Tenderloin Station Community Meeting, last Tuesday of month, 6 p.m., police station Community Room, 549-5984. Neighborhood safety.

NEIGHBORHOOD IMPROVEMENT

Alliance for a Better District 6, 2nd Tuesday of each month, 6 p.m., 230 Eddy St. Contact Michael Nulty, 420-1760 or sf_d6 directors@gmail.com, a districtwide improvement association.


Friends of Bodecker Park, 3rd Thursday, 3 p.m., Police Station Community Room, 156 Eddy St. Park events, activities and improvements. Contact Beth Traynor, 505-1126, to confirm times and location.

Gene Friend Recreation Center Advisory Board, 3rd Thursday of month, 3 p.m. Works to protect SiMa resources for all residents. Gene Friend Rec Center, 270 Sixth St. Info: Tim Keyser, 554-8522.

North of Market/Tenderloin Community Benefit District, Full board meets 3rd Monday of 4 p.m. Call 292-4812 for location or check nom-tlcbd.org.

Safe Havens Project. 3rd Tuesday of each month, 919 Eddy St. (Senator Ikeda). Contact: 563-5205, x115, or contact@sfhavens.com.

SFoma Community Stabilization Fund Advisory Committee, 3rd Thursday of each month, 5:30 p.m., 1 South Van Ness, 2nd Floor Info: Claudia del Rosario, 701-5580.

Tenderloin Futures Collaborative, 3rd Wednesday of the month, 11 a.m. to noon, Tenderloin Police Community Room, 301 Eddy. Presentations on issues of interest to neighborhood residents, nonprofits and businesses. Info: 928-6209.

Tenderloin Neighborhood Association, 2nd Friday of month, 942 Geary St., 5 p.m. Nonprofit focuses on health and wellness activities to promote neighborhood interactions. Info: tenderloinneighborhood@yahoo.com.

SENIORS AND DISABLED

Mayor’s Disability Council, 3rd Friday of month, 1-3 p.m., City Hall, room 400. Call 554-6789. Open to the public.

Senior & Disability Action (formerly Planning for Elders/Senior Action Network), general meeting, 2nd Monday of each month, 6-7:30 p.m. Location varies.

To receive monthly email info: 538-8100 x202.

Saftey

Insurance for senior’s families & caregivers throughout the Bay Area. (800) 445-8106

Kinoschi - Serving seniors in the Japanese-American community. (415) 673-2900

Openhouse - Programs & services in the LGBT community. (415) 292-8915

Self-Help for the Elderly - Bilingual (Chinese) services in the Bay Area. (415) 677-7300

SAN FRANCISCO . . .

a good place to be a caregiver!

 caregiving can be rewarding—but often overwhelming. if you help a loved one with daily activities (meals, medications, rides, finances, etc.), you can get free or low-cost services, information and advice from these respected SF organizations.

- Family Caregiver Alliance - Information, support & resources for families & caregivers throughout the Bay Area. (800) 445-8106
- Kinoschi - Serving seniors in the Japanese-American community. (415) 673-2900
- Openhouse - Programs & services in the LGBT community. (415) 292-8915
- Self-Help for the Elderly - Bilingual (Chinese) services in the Bay Area. (415) 677-7300

You are not alone! Call today, or learn more at: http://info.caregiver.org/st.html

Funded by the San Francisco Department of Aging and Adult Services.

Harm Reduction On the Road to Recovery

Office of Self Help has always used Harm Reduction in our work with mental health consumers and substance users. Even before Harm Reduction became the official policy of the Department of Public Health in 2000.

Harm Reduction just makes sense. It means your behavior shouldn’t hurt anyone, not even yourself. Being high is no reason to turn a client away. We respect the unique needs and personal goals of each client and we match treatment to reflect cultural and individual differences.

The Harm Reduction approach acknowledges that relapse is often part of the cycle of recovery. Our staff works with clients to prevent relapse. But if relapse occurs, we remain committed to the client.

The ultimate goal is stability and sobriety — achieved without judgment and through the guided efforts of each client. Treatment begins with compassion. OSH provides a safe place to examine individual behavior, to create sense out of personal chaos and to reduce reliance on drugs or alcohol as a response to daily life.

The journey to recovery doesn’t run on a timetable. There are choices for each client. Harm Reduction helps people choose to lead a healthy life.

Office of Self Help Drop-in Center, 944 Market Street, 7th Floor

575-1400

“Harm reduction — a real alternative. It goes hand-in-hand with self help. Self help puts the responsibility for recovery on the person in need, and harm reduction is a lens that puts their situation in perspective. It helped me.

I was an outcast. Harm reduction gave me the opportunity to see myself as I am — to learn my strengths and to build on them.”

— Roy Crew, Director, Office of Self Help