

AROUND THE VILLAGE

October, 2018

NEXT Village's 4th Annual Halloween Party



**Sunday, October 28,
6-9:30pm at the Italian
Athletic Club,**

featuring the Beatles Tribute Band, Hey Jude!

We're looking forward to lots of singing and dancing and general merriment. Grab a buddy or two, or come solo- everyone is welcome! [Tickets](#) available now. [Sponsorships](#), too. Prizes! Tattoos! Plenty of seating for you and your guests.

Proceeds from the evening support our mission of connecting seniors to volunteers who can provide support as they age-in-place, and to offering social, cultural, and educational events that keep us all engaged.

Coming this October 25th, Exclusive self-help workshop!
Living with Ease Through Tapping - A very special workshop led by Beryl Ryan RN

Thursday, October 25th, 1-2:45pm, North Beach Library
Emotional freedom **technique (EFT)** is an alternative treatment for physical pain and emotional distress. It's also referred to as **tapping** or psychological acupressure. People who use this **technique** believe **tapping** the body can create a balance in your energy system and treat pain.

In this workshop, you will learn how to quickly and easily bring your mind and body into its natural state of wellness using Tapping, or EFT (Emotional Freedom Technique). Tapping is a technique that can be learned in a short amount of time, then used for a lifetime. Tapping is useful for chronic pain, anxiety, trauma, and changing beliefs and negative emotions. Often the results are so fast, it feels like Magic! Beryl Ryan RN, a nurse with 33 years of experience, has been teaching this technique in jails, schools, communities, and businesses for over two years. www.tapwithin.com

COMING IN NOVEMBER- ONE HARD THING!

Get your to-do list ready because the SF Evening Rotary is going to get it to-done! Flip your mattress? Change all of your high lightbulbs? Move something? Wash something? It's up to YOU!
Sunday, November 4th, 12-2pm.

NEXTVillageSF

At home, right where you are.

Monthly Events Around the Village

Join us for these fun monthly activities!

Drink and Draw -

Friday, October 5, 1-2:45pm

North Beach Library, 850 Columbus Avenue

Bring your watercolor supplies! **RSVP requested.**
(Bring fruit/vegetables/flowers to paint.)

Lunch with The Bunch – Special event!

Wednesday, October 10th, 11:30am

Salesforce Transbay Terminal. See notes inside.

Writing -No class in October.

SEE YOU Monday, November 12, 1-3 pm

Happy Hour – Monday, October.15, 4:00-6 pm

DeLucchi's. 500 Columbus Ave

Death Café -Tuesday, October 16, 1-3pm

North Beach Library, 850 Columbus Avenue

Free-form conversation about end of life.

Sid's Salon! Sid keeps the classic films coming!

Wednesday, October 17, 6:15pm

Le Havre –

Jane Winslow's home. RSVP for details.

Open to everyone. \$5. For non-members.

Technology Teach-in with Hope

Friday, October 19, 1-2:30pm

North Beach Library, 850 Columbus Avenue

RSVP required.

Reading Circle- Calling all readers!

Books, Magazines, Journals

Wednesday, October 24, 4-5pm

Fior D'Italia, in the San Remo Hotel
2237 Mason Street

Molly's Volunteer Corner

Thank you to all our amazing volunteers for so generously offering your time and love to our NEXT Village seniors. We sure hope to see everyone at Annual Halloween Party on October 28th at the Italian Athletic Club, 6-9:30pm.

Members always comment that just knowing NEXT Village is here for them, is priceless. Here's an example of the gratitude felt by another happy NEXT Villager:

"Where can I begin with Lucille - a miracle volunteer? She was totally punctual and arrived at the hospital with a warm smile, took my hand, and guided me to her car. When I mentioned that I had heard a song about "Lucille," she sang parts of 5 songs about Lucille while driving me home.

She escorted me right to my apartment door and offered to pick me up the following day for my doctor appointment (an unexpected, huge convenience). She arrived at my door the next morning right on time and drove me to the doctor's office, which was on the corner of Powell and Geary - a very difficult area to navigate traffic - but which she was very capable of handling. She insisted on meeting me at the doctor's office after my appointment to drive me home.

Meanwhile, she located a parking garage for the car. She was right there at the doctor's office after my appointment and drove me to the pharmacy to pick up my prescription. This itinerary doesn't reflect her warm personality, intelligent conversation, and genuine concern for my safety and well-being. How lucky can you get with a volunteer like this? Wow! What an amazing blessing this was! "Thanks," is insufficient gratitude. Sincerely, Mary P."

Neighbors helping neighbors, it's what we love to do. I am currently looking for a few volunteers to meet members near their homes for an occasional coffee/chat at a coffee shop. If you're interested, please email me at molly@nextvillagesf.org. And, as usual, if you need something, please don't hesitate to ask via email or phone (858)245-5575. I'll connect you to a terrific volunteer who's waiting to meet you!



Speaking of volunteers... Two NEXT Village board members are earning their NERT certification. (Neighborhood Emergency Response Team)

Board chair, Janet Crane, and member Helen Doyle have been participating in weekly NERT training. Much like NEXT's mission, [NERT](#) is a community-based training program dedicated to a neighbor-helping-neighbor approach. Individuals 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.

A typical NERT volunteer is not one type. The NERT volunteer is anyone who is active and involved in the community--or wants to be. San Francisco is made up of many neighborhoods. We are training to be one ready community when it counts. The Emergency Response is key but the Neighborhood Team comes first. For more information, go to: <http://sfgov.org/sfnert>



Janet Crane practicing extinguishing a small fire.



And finally, welcome Julianne S, our newest volunteer. Julianne is a Seattle native who moved to Nob Hill in July and wanted to get connected by helping seniors in the community. We're so happy to add another amazingly kind human being to our Village. How can Julianne help you? Need a walking buddy? Someone to have coffee with? She's your gal!



Drink & Draw

This class is open to anyone at any skill level. We aren't kidding!

Led by the lovely and talented Lucia Gonnella

Friday, October 5, 1-2:45pm

North Beach Library, 850 Columbus Avenue

Bring your watercolor supplies and fruit & vegetables to paint!

RSVP: rsvp@nextvillagesf.org 415-888-2868



Writing- featuring Meg O'Shaughnessy- Trust us. You can write, too!

Sorry, **No October 8 class** (Holiday) See you Monday, November 12th.

North Beach Library, 850 Columbus Avenue

Please plan to come and enjoy writing amongst other writers and non-writers.

Meg's techniques are highly praised for guiding people to a level of creativity that makes them feel encouraged about learning to write more formally.

RSVP: rsvp@nextvillagesf.org 415-888-2868



Lunch with the Bunch! Special Meet up! – Do not miss!

Tour the amazing, amazing Salesforce Transbay Center and Gardens

Wednesday, October 10, 11:30-1:00pm

425 Mission @Fremont in the lobby of the terminal, not the Salesforce building. Use the Montgomery St Muni Stop.

Bring your lunch or come a little early and pick something up from Julie's Kitchen, a great little buffet with salads, sushi, and other options. 50 Fremont Center (In the alley.) There are lots of places to grab lunch in the area.

Enjoy the beautiful park, the .5 loop through lovely Meridian gardens. So much going on in the park. <https://transbay-transit-center>

Meet up with Village friends and enjoy a tasty meal and good company.

RSVP not required, but requested: rsvp@nextvillagesf.org 415-888-2868.



Bus-activated fountains



Cheers! Happy Hour

Monday, October 15th 4-6pm

Everyone is welcome!

DeLucchi's. 500 Columbus @Green

RSVP not required: rsvp@nextvillagesf.org 415-888-2868.





Death Café – Circle of Sharing

A unique opportunity to share what's on your mind regarding this often-unspoken subject. It's not morbid, we promise!

Tuesday, October 16, 1-2:45pm North Beach Library, 850 Columbus Avenue

Death Café's (<http://deathcafe.com/what/>) have been steadily gaining fans. At Death Cafe people, often strangers, gather to eat cake, drink tea and discuss death.

A Death Cafe is a group directed discussion of death with no agenda, objectives or themes.

Note: A Death Café is a discussion group rather than a grief support or counseling session.

RSVP not required but recommended: rsvp@nextvillagesf.org 415-888-2868.

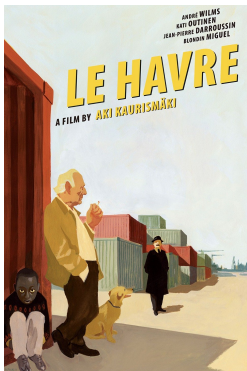


Sid's Salon - Sid keeps the classic films coming!

Le Havre— Aki Kaurismäki 2011 | 93minutes

Wednesday, October 17, 6:15pm.

Address given with RSVP.



Marcel Marx (André Wilms) and his wife, Arletty (Kati Outinen), lead a simple life, Marx earning just enough as a shoe shine man to get by in the last old neighborhood of the French port city of Le Havre. Until, that is, his wife falls seriously ill and he takes in an illegal immigrant boy, Idrissa (Blondin Miguel) from Gabon who is sought by police Inspector Monet (Jean-Pierre Darroussin). Europe, as you know, continues to face enormous problems with illegal immigrants, many trying to reach family members already employed, if illegally. Idrissa is trying to reach London, where he mother lives and works, his father having died on the harrowing trip from Africa. The core of this film—how the shoe shiner's community comes together to help this boy reach his mom—introduces us to a wonderful cast of characters, including Little Bob and his rock and roll band, and the dog, Laika. Through it all, Monet and Marx do an intricate verbal dance as Marx tries to get the boy on a boat to England before the detective nabs him.

Kaurismäki complements his treatment of the actors with a spare visual style: nothing extraneous in the frame, no unnecessary camera movement to underscore an action, no loud colors to distract the eye from our story, spare and dramatic use of light and shadow. Right from the opening shots, Kaurismäki uses all these directorial skills to create a situation for his deadpan sense of humor, one of the director's unmistakable and delightfully odd characteristics.

RSVP: rsvp@nextvillagesf.org 415-888-2868.

Let us know if you need transportation. All are welcome. \$5 for non-members.



Technology Teach-in with Hope.

Technology Support – phones, i-Pads, tablets, email, etc. Friday, October 19, 1-2:30pm

North Beach Library, 850 Columbus Avenue, Downstairs Teen Room. Bring your devices and passwords.

Members only. RSVP required. rsvp@nextvillagesf.org or 415-888-2868



TALK. LISTEN. SHARE. Men's Conversation Group ~ Women's Conversation Group

Led by Ace Volunteer, Alex Pellegrini @Aquatic Park - 890 Beach Street

The women's group meets every Wednesday from 1-2pm in Rm. 13

The men's group meets every Wednesday from 2:30-3:30pm in Rm. 13

RSVP not required.



Reading Circle –

Wednesday, October 24, 4–5pm, Fior D'Italia. 2237 Mason

Calling all readers! No matter what you read, books, magazines, online articles...

Share your recommendations with others. Notes are taken by the fabulous volunteer, Kimberlee Rotchy, and shared with the group, so you can relax, listen, and enjoy.

RSVP requested but not required: rsvp@nextvillagesf.org or 415-888-2868.



Exclusive self-help workshop!

Living with Ease Through Tapping - A very special workshop led by Beryl Ryan RN

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RSVP requested but not required: rsvp@nextvillagesf.org or 415-888-2868



Walk and Talk on Saturday mornings! Meet at Caffè Sapore -790 Lombard Street for an 11am departure. Men are welcome, too!

Take a walk **every Saturday** with other cool Village people.

NOTE: The 45-minute walk is led by personal trainer, Martha Hughes. This is a great opportunity, so please take advantage of it! (Rain cancels.) Feel free to contact Martha directly with any questions and **RSVP at 415 -271-0717 or thebullsheet@hotmail.com.**



LGBTQ News: LGBTQ seniors welcome at NEXT Village SF

Reports show that current long-term care and aging services are not being utilized by LGBTQ seniors. Data from the recent Dignity Fund Needs Assessment suggests that LGBTQ seniors are 4-10 times less likely than their heterosexual peers to access available services in San Francisco. In addition, LGBTQ seniors are estimated

to make up less than 2% of the population in programs designed for seniors at risk of nursing home placement—such as Adult Day Health Care, Community-Based Adult Services and social day programs. That's less than 2%, despite the fact that LGBTQ seniors make up 11–12% of the city's senior population and are more likely to be at risk for nursing home placement due to lack of family support, health disparities and other risk factors.

If you are a senior in northeast SF, please give us a call. We're happy to have you as a member!



百岁老人的六大好习惯



下面我们就介绍下百岁老人的生活习惯是哪些？

一、上班

公务包里常常会带上几块黑巧克力。吃上几块黑巧克力可以为你补充能量，有助提高工作效率；而且黑巧克力富含多酚，有助抗老化。同时它的升糖指数低，有助控血糖。

二、家务

比较爱做饭。有研究表明，喜欢做饭人不易得认知障碍症，操心一天三餐对大脑就是种良性刺激。

三、喜欢早起

1、早晨起床后马上喝杯温开水。人体在一夜睡眠中会丢失 500 毫升水分，起床后需要立刻补充。而且温开水可有助提升体温，体温每上升 1°C，人体基础代谢也会随之提高 10%。

2、一周至少要喝 3 次蔬果汁。一周至少喝 3 次蔬菜或是水果汁，能把得认知障碍症(老年痴呆症)的风险降低 75%。

3、每天晒 15 分钟太阳:适量多晒太阳能帮助人体制造维生素 D，而研究表明维生素 D 具有抗癌作用。

四、避开碳酸饮料等

日常生活中要尽量避开碳酸饮料、加工食品。可乐等碳酸饮料与快餐等加工食品含有大量的磷，会妨碍人体吸收钙，不利骨骼健康。

五、晚饭

1、生吃洋葱。洋葱所含的硫化物能预防动脉硬化及高血压，生吃效果会更好，建议切成薄片，做成蔬菜色拉吃。

2、八九点后不吃东西。脂肪在半夜 2 点最易蓄积，要是此时处于空腹状态，脂肪就不易蓄积，按照一般消化时间推算，就要在晚八九点后不吃东西。

六、运动

1、适当出汗。运动量要以出汗为宜，帮助排出体内蓄积毒素。

2、设法减重 5%。健康活到百岁者的一大共同特征就是不胖，体重只要降低 5%，得糖尿病和高血压风险就会下降。

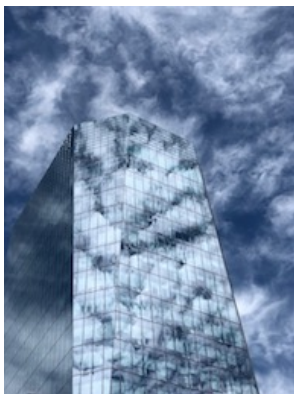
3、每天步行 30 分钟。有研究表明，死亡率最高的人是那些平时几乎不走路的人，每天步行 30 分钟，可以促进血液循环，有助健康长寿。

以上呢就是百岁老人的好习惯，生老病死是很正常的自然规律，但我们可以采取一定的措施阻挡衰老的到来。需要注意的是，老年人还要养成良好的饮食习惯，避免身体健康受到影响。



From the Director:

October is a super busy/fun month for us. Of course, we are excited to see you at our Halloween Party...IF we can figure out who you are while in costume. We have a great band, tasty morsels, people to dance with, and great prizes.



Clouds reflecting off a high-rise visible from the park.

We're looking forward to touring the new TransBay Terminal building and Green Space on October 10th. It's truly a beautiful public space. Either bring a lunch or grab one from a nearby take-out and join us as we enjoy the mosaics on the floor in the terminal, and make our way up to the rooftop garden. The plants are from all over the world where there are Mediterranean gardens.

My focus in October will be responding to a Request for Proposal (RFP) concerning the \$50,000 NEXT requested to reinstate low-income members. Other non-profits in District 3, can apply, but hopefully, they will respect our efforts and leave the applying to us!

That's it for now. I'll see you in October, and Around The Village.

Jacqueline

jones@nextvillagesf.org
415-888-2868
www.nextvillagesf.org
www.nextvillagesf.org

NEXT'Tra: Member Benefit: FREE HOME SAFETY INSPECTION

Reminder- as a member of NEXT Village SF, you are entitled to a free, professional home safety assessment. Evan Loevner from [Aviva In-Home Care](#) will provide you with a comprehensive review of your home and provide you with recommendations that can make your home and YOU safer. Volunteers from NEXT can also help you with any modifications that you might need completed. Just ask!



Get ready!

NEXT Village SF's 4th Annual Halloween Party
Sunday, October 28th
6-9:30pm
@ The Italian Athletic Club
1630 Stockton Street

Featuring "Hey Jude" - a Beatles Tribute Band, and: Fantastic costumes, and costume contest, hors d'oeuvres, cash bar, and plenty of room to sing and dance along. Plenty of tables for sitting, too. Temporary tattoo artist on hand to help you look your Halloweenist!

Grab your friends, join your neighbors, or come solo. It's a warm and welcoming scene.

Proceeds from the evening help provide support to older adults as they age-in-place in their homes in northeast San Francisco.

Tickets start at \$75. Click here for [Tickets!](#) By mail at PO Box 330278, or call us at 415-888-2868

Sponsorship opportunities available now! All sponsors will receive premium seating, and recognition in print/media and at the event.

- \$5,000 Title of "Major Event Sponsor", Ten tickets, top tier acknowledgement in the newsletter, on Facebook, and at event.
- \$2,500 Ten tickets, top tier acknowledgement in the newsletter, on Facebook, and at event.
- \$2,000 Ten tickets, top tier acknowledgement in the newsletter, on Facebook, and at event.
- \$1,000 Four tickets, top tier acknowledgement in the newsletter, on Facebook, and at event.
- \$500 Two tickets, acknowledgement in the newsletter, on Facebook, and at event.

For more information, please contact Jacqueline Jones at 415-888-2868, or jjones@nextvillagesf.org. To sponsor, go to [ProudSponsor](#) or pay by check at PO Box 330278, SF, CA 94133.

Donations are tax-deductible to the extent permitted by law. NEXT Village SF is a 501©(3) non-profit organization. Our Tax ID is 80-0476158. Thank you!

NEXT says “THANK YOU” to some of our Halloween in the Village Sponsors!



BRIDGE Housing strengthens communities by developing, owning and managing high-quality, affordable homes for working families and seniors.

<https://bridgehousing.com/> Happy 35th Anniversary, Bridge Housing!



Cahill Contractors is a general contractor with over 100 years of experience building in the San Francisco Bay Area. We pride ourselves on doing business, and construction, the right way. <http://cahill-sf.com/>



Lets people use Lyft and Uber without a smartphone (and with!), with rides monitored by 24/7 operators and alerts for families. <https://gogograndparent.com/>



The Barbary Coast Neighborhood Association is a non-profit dedicated to improving the quality of life in San Francisco. Founded in 2006, BCNA serves the residents and businesses in the Barbary Coast, the historic northeast waterfront. We strongly support

open space, recreation, and appropriate residential and commercial development. BCNA opposes inappropriate development and works with local legislators and community groups to address quality of life, crime, safety, homelessness, transit, nuisance, and other neighborhood issues. We are actively involved in development projects and represent our community before legislators, the Port of San Francisco, and local groups such as the Coalition for San Francisco Neighborhoods. BCNA also hosts community, educational, and social events to bring neighbors together.

Currently, BCNA is:

- Engaging with Supervisor Aaron Peskin on his recent proposal to locate a homeless Navigation Center at Kearny and Bay Streets
- Opposing attempts by the top of Broadway clubs and Senator Scott Wiener to extend bar closing and alcohol sales to 4 am
- Supporting Assemblyman David Chiu's legislation to fund waterfront infrastructure improvements to tackle seismic risk and sea level rise
- Hosting a September 30 forum featuring David Chiu and Aaron Peskin to discuss the upcoming state and local propositions on the November ballot

We are a volunteer-run organization with no paid staff. Our accomplishments are made possible only by member dues. The more people we represent, the stronger our voice. **Please join BCNA today!** New members can save \$5 on their first year by using the discount code NEW2018 when you sign up on our website at www.bcnasf.org.

NEXTVillageSF
At home, right where you are.

Post Office Box 330278
San Francisco, CA 94133

Your October newsletter is here!
See you at the Halloween Party!