

AROUND THE VILLAGE

July 2019

Halloween Party Planning is underway!

NEXT's famous Halloween Party is Sunday. October 27, at the Italian Athletic Club. Our theme this year is **Motown!**

This event is a major fundraiser for us, and helps fund our low-income members and general operating costs. Co-chairs, board treasurer, Gail Switzer, and new board member, Chelsey Fischbach are heading up the party planning, and they want you and your bright ideas to make this another great event!

Here's your chance to make this our best party yet. Join a team and help:

- *Identify/connect us with potential sponsors*
- *Find other generous people who might have a valuable item for auction/raffle, such as; vacation homes, wine tastings, tickets to events, spa days, gift certificates, food/wine, services, and other great raffle items.*
- *Decorations - all of you creative types, this is your chance!*
- *Marketing, help getting the word out*

Interested in being of service? Let Gail know! Thank you!
gswitzer@nextvillagesf.org

IN MEMORY: Hope Weissman Eisenberg

Beloved member and NEXT Village's Technology teach-in leader, passed away on May 31, from a negative reaction to medication.



Hope had many, fans in our Village family, and we are beyond sad at her passing. Many a member received gentle guidance with their technology devices and left feeling good about their lesson.

Hope and Neil were a presence at all of our fundraisers and brought their smiles and fun spirit with them to every event.

Hope generously requested memorial donations be directed to NEXT Village San Francisco, PO Box 330278, San Francisco, CA 94133

(www.nextvillagesf.org)

Condolence cards can be sent to: 455 Vallejo Street #3, San Francisco, CA, 94133.

NEXTVillageSF

At home, right where you are.

Monthly Events Around the Village

Join us for these fun monthly activities!

New Event location: Coffee Klatch -
Wednesdays, 10-11:30am
Coffee Roastery, 2191 Union Street.

Bocce Ball -

Wednesdays, 3pm

Joe DiMaggio Bocce Ball Courts, 651 Lombard Street.

Drink and Draw -

Friday, July, 5th, 1-2:45pm

North Beach Library (In the Community Room - upstairs/elevator), 850 Columbus Avenue.

Writing with Meg O - A unique approach!

Monday July 8, 1-2:45 pm

North Beach Library, 850 Columbus Avenue

Lunch with The Bunch -

Wednesday, July 10th, 11:30am-1pm

Il Pollalio. 555 Columbus Avenue

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

The Tree of Life

Wednesday, July 10, 6:00pm-9:30pm

Jane Winslow's home. **RSVP for details.**

Happy Hour -

Monday, July 15, 4-6 pm

Francisco Café - 2161 Powell St @ Francisco

Death Café - Share your thoughts!

Tuesday, July 16, 1-2:45pm

North Beach Library, 850 Columbus Avenue
Free-form conversation about end of life.

Reading Circle- Calling all readers!

Books, Magazines, Journals

Wednesday, July 24, 4-5pm

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

Technology Teach-in - **New Teacher needed**

Friday, July 26, 1-2:30pm

North Beach Library, 850 Columbus Avenue
RSVP required.

WELCOME NEW BOARD MEMBERS!

NEXT Village is pleased to welcome two new board members! Chelsey Fischbach, and Sebastian DeLuca joined the team in June.

Janet Crane, board chair said, *“These two bring their bright personalities and skill sets to the table, and will be an asset to the organization. We are delighted to have younger professionals represented on the board, and stand to learn from their perspective and talents.”*

Sebastian has already begun volunteering and his first activity included helping members move a King-size bed! Chelsea has stepped up and is co-chairing the Halloween party! They’re newly minted board members and are already making an impact!



Chelsea Fischbach, co-chair,
Halloween in the Village, 2019.

"As a Bay Area native working in tech, I'm thrilled to bring my problem-solving experience to help seniors stay independent and active in our community.

I'm looking forward to meeting more members over the coming months to learn more about the opportunities for NEXT Village SF to a
Fischbach



Sebastian DeLuca

Look for them at our summer Volunteer/Member lunch and Bocce Ball tournament in August.



NEXT launches new website!

We're excited to announce that our website has a new, fresh look and features more helpful tools and content. Check us out at www.nextvillagesf.org Do your friends a favor and tell them about us by sending them the link!



Muir Woods offered a respite from City noise.



Ten NEXT Villagers visit Muir Woods in June.

Thanks to volunteer drivers, Sofia P. and Sandy H., NEXT members were able to enjoy a stroll and lunch amongst the Redwoods.

Member John Reed commented on how nice it was to just hear nature and nothing else for a change. We enjoyed learning more about these historic giants, and felt the state of awe that comes from standing near them, looking up toward the sky.

Would you like to go next time? Let us know. We can easily do this again.

NOTE: LOCATION CHANGE - COFFEE GROUP TO NOW MEET AT COFFEE ROASTERY

2191 Union Street (Webster-Fillmore)

We liked Illy's but it was too loud to hear comfortably, so we are moving down the street. We hope you will follow us!

Every Wednesday, join us anytime between 10am-11:30am.



JOIN in each Wednesday morning for coffee and conversation at Coffee Roastery.

All the cool members who live near Coffee Roastery, gather round, get to know each other, talk current events, or past events! Enjoy delicious coffee, comfortable seating, tasty

pastries and nibbles, and a relatively quiet environment.

Everyone is welcome.

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



Molly's Minute – The Volunteer Corner

June was a full and fun month with a variety of volunteer opportunities! Thanks to Irene O'Callaghan for filling in as our watercolor teacher while Lucia was travelling. We're so very lucky to have such talented volunteers in our midst!

Our trip to Muir Woods was spectacular. Thanks to Sofia P. and Sandi H. for driving us to experience such a gorgeous spot right in our own backyard.



**Christian, Vicki, and Sebastian
gearing up for the big job!**

And, I'd like to give a shout-out to Sebastian D. and Christian A. for helping the Tomlinson's with a big task – moving two beds downstairs. Vicki T. and the guys were all-smiles!!!

Vicki said:

"We had a huge job to move two big beds and two big men came and did it...super!"

Whether it's providing opportunities to learn, taking people places they want or need to go, or helping with tasks too difficult to handle alone, our volunteers are THE BEST!! You make life more beautiful and a little easier. Thank you to all our volunteers from the bottom of hearts.

Want to help out? In addition to driving, next month's volunteer opportunities also include being a walking buddy for members who need to walk as therapy for their health, leading our Tech Teach-in sessions (1.5 hrs/mo at the N. Beach Library), providing in-home computer support, making reminder phone calls

for members without email, or conversational calls and visits to members who don't get out as much anymore.

Please contact me if you'd like to be a NEXT Village Volunteer @ **Molly at (858) 245-5575, 8:30 am-5pm, M-F, or by email at: molly@nextvillagesf.org**. I really look forward to hearing from you!

Members, please contact me if you need something: **Molly at (858) 245-5575, 8:30 am-5pm, M-F, or by email at: molly@nextvillagesf.org**. P.S. The more advance notice, the better.

Activities in July – Please join us.

Drink & Draw



This class is open to anyone at any skill level. Normally led by the lovely and talented Lucia Gonnella, who fell while in Italy and fractured her femur! A substitute is being lined up, and if no substitute is available, we'll just paint freely together.

Friday, July 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.

NEXT Village's Monthly Writing Group- featuring Meg O'Shaughnessy – Open to everyone!

Try Meg's unique method for bringing your creativity forward.



Monday, July 8th (the second Monday of each month), 1-2:30pm.

North Beach Library, 850 Columbus Avenue

We are an informal, facilitated writing group that meets once a month for the sheer joy of getting to know ourselves and each other.

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

LUNCH IS SERVED!

Lunch with the Bunch!– Il Pollaio

Wednesday, July, 10, 11:30-12:30 or so.

555 Columbus Ave. 415-362-7727.

Il Pollaio, famous for their chicken, is our choice for July's Lunch with the Bunch. Located in North Beach, a gem that is popular with locals and the tourists.



Thanks to member, Colleen Gall, for the suggestion: The food is simple but really good and affordable.

<https://www.sfchronicle.com/restaurants/article/Il-Pollaio-in-North-Beach-The-mothership-of-12858657.php>

The restaurant was opened in 1984 by Giuseppe Castellucci and is now run by his daughter Paula Castellucci Bautista. Castellucci was from Calabria, Italy; his family moved to Argentina when he was 11, and they came to California in 1980.

Here's a menu (if you can read sideways).

<https://www.facebook.com/photo.php?fbid=798968867113726&set=a.532164647127484&type=3&theater>

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

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

Wednesday, July 10, 6:00pm. Address given with RSVP.

The Tree of Life — US Terrence Malick 2hr, 50 min

(Malick has redone this film. It is a bit longer but I will show it if possible.)



I have a hard time discussing this film, which reaches for a grand conception of the universality of life and links it with exquisite emotional intelligence to it to an exploration of the life of a family in the Waco, Texas suburbs of the 1950s.

Two things throw me off with this film. The first is that, as a core member of the International Ocean Film Festival for the past 16 years, I have seen over 1,000 films on nature and the oceans, so the opening scenes of lava flowing into the sea, or crashing waves do not dramatically affect me; the second is that the time period in which we see the family in their near bucolic suburb mirrors the time in my life when I lived in a similar setting in Connecticut. My brother and I wore T-shirts like the ones

the two key brothers wear in this film, and I had deep conflicts with my father as the oldest boy, Jack has with his father (Brad Pitt). On the other hand, that does not account for the intensity of feelings in that family that Malick captures: it is extraordinary and profoundly moving and accomplished through emotional sensitivity and pitch perfect cinematography and editing. Pitt and his wife (Jessica Chastain) are superb, as, in an odd role, is Sean Penn, as the adult Jack. The young Jack (Hunter McCracken) and his younger brother, R.L. (Laramie Eppler) are miraculously natural and moving as children figuring out how to live with each other and in their world, a credit to both Malick and his extraordinary cinematographer, Emmanuel Lubezki.

I saw this film twice within a week and each time found myself gasping at the emotional rightness of a particular shot or sequence—of Jessica Chastain waking the boys up by putting ice cubes down their backs; of the boys throwing a football over the house in summer and racing to see who could get it first; of how Brad Pitt holds his infant second son. It's not just the incidents, wonderful in themselves, but how they are shot to capture the range and complexity of human feelings, even the most subtle, that they reveal.

The critical—and audience—response to this film was mixed. Mine was too, as I have said, but the middle of the film, the long section on the family, contains some of the most deeply moving and emotionally intelligent cinema I have ever seen.

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

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



Cheers! Happy Hour

Monday, July 15, 4-6pm

Everyone is welcome!

Café Francisco – 2161 Powell St @ Francisco

RSVP not required: rsvp@nextvillagesf.org 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 12:45-1:45pm in Rm. 11**

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

RSVP not required.

Thank you, Alex & Leslie for all that you do for this group. We appreciate you!



Death Café – Circle of Sharing – Returns July 16th

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

Tuesday, July 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.



Disaster Kits delivered!

A big shout-out to our friends at SF Evening Rotary for delivering emergency kits to our members on June 22.

Let's do all that we can to help each other out, including as much advanced planning as possible.

info@nextvillagesf.org or call us at 415-888-2868.



Reading Circle – Read what you like and tell us about it!

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

Here are some of the recommendations from a recent Reading Circle:

Book Recommendations

A Royal Duty (Paul Burrell) [Recommended by Nancy]

True story of shocking secrets, absolute power, and unlikely alliances written by the Butler to Princess Diana who she called her "rock". He was the favorite footman who formed a unique relationship with the Queen and he was hand-chosen by the Princess of Wales. He became her ultimate confidante whom she described as "the only man I can trust." He was accused of theft then acquitted following the historic intervention of the monarch. He has been able to separate the myth from the truth of the Diana years in this detailed personal account.

The Finnish Way: Finding Courage, Wellness, and Happiness Through the Power of Sisu (Katja Pantzar) [Read by Barbara]

Forget hygge- it's time to blow out the candles and get out into the world! Journalist Katja Pantzar did just that, taking the huge leap to move to the remote Nordic country of Finland. What she discovered there transformed her body, mind, and spirit. In this engaging and practical guide, she shows readers how to embrace the "keep it simple and sensible" daily practices that make Finns one of the happiest populations in the world, year after year.

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



Technology Teach-in

We are carrying on with Hope's Technology Teach-in's.

Friday, July 26, 1-2:30pm

Technology Support - phones, i-Pads, tablets, email, etc.

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.



Bocce Ball every Wednesday from 3-5:30 at the North Beach Library courts.

Boules Sauvages, Bocce and Boules – call it what you will - The game anyone can enjoy. Everyone is welcome. No prior skills needed. Led by Rod Freebairn-Smith. Feel free to just show up and join the fun, wine, and light food. RSVP, or just show up! rsvp@nextvillagesf.org



LGBTQ News:



BILL OF RIGHTS

FOR LGBTQ+
RESIDENTS OF
LONG-TERM CARE
FACILITIES

Learn more about protections for LGBTQ+ residents in long-term care facilities in San Francisco! This 90-minute training prepares and empowers staff to collaborate with LGBTQ+ residents, their families of choice and caregivers in creating safer, affirming spaces for all residents regardless of sexual orientation or gender identity.

Thursday, June 27, 2019
1-2:30PM

Openhouse Community Room
65 Laguna St.

Bill of Rights in long-term care facilities.

Learn more about your rights as a LGBTQ resident in long-term care facilities in San Francisco.

A training was held June 27th, but you can contact OpenHouse at 65 Laguna Street for more information. 415-296-8995

<https://www.openhouse-sf.org/>

If you are an LGBT senior in northeast SF, please give us a call. We're happy to be of service and have you as a member!

适合年长者的四类运动

运动能让年长者保持日常独立，享有更好的生活品质。

年长人士适合哪些类型的运动？多少运动量才恰当？有慢性病或关节问题的年长者运动时应如何避免受伤？受访专家介绍适合年长者的四类运动，也提醒运动过程应注意的事项。

1有氧运动：主要包括可提高心率与呼吸频率的运动，帮助增强活力与心脏健康，也有助增加步伐率，使人们走得更远。建议运动为快步走、慢跑、骑脚踏车、游泳与跳舞。跑步机和健身脚踏车也包括在内，但初级者应该从低强度开始逐渐增加运动量，群体运动如韵律操和排舞对社交有益。

2肌力训练：利用自身的体重，以重复动作进行对抗训练，帮助强健肌肉。这对年长者的日常活动尤其有益，如从椅子站起、爬楼梯、提购物袋，以及抱孙子。这类运动包括举哑铃、使用阻力带及健身房的重量训练器材。也可善用自身体重来锻炼，如从坐在椅子上站起来不用上臂来支撑，可锻炼髋部（hip）与大腿肌肉；或是提起脚跟，用脚趾的力量站立，可锻炼小腿肌肉。

3平衡运动：这类运动对预防跌倒尤其重要。常见的这类群体运动课程包括打太极、练气功或是居家室内运动，如每次可维持大约15秒的单脚站立，或闭上双眼、双脚合拢站着，需要时可用手部支撑着椅子。

4柔软灵活训练：有助对抗僵硬的肌肉与关节，协助日常活动包括穿鞋。这包括锻炼大肌肉群，如大腿、小腿、肩膀与背部的伸展运动。建议每次维持至少 20 到 30 秒。

From the Director:



HUMAN SERVICES AGENCY
DEPARTMENT OF AGING AND ADULT SERVICES
DAAS BENEFITS AND RESOURCES HUB
Serving Seniors, Persons with Disabilities, and Veterans
2 Gough Street, San Francisco, CA 94103

Benefits

- ◆ CalFresh (formerly Food Stamps)
- ◆ Medi-Cal Information

Intake Services

- ◆ Adult Protective Services (i.e. report abuse)
- ◆ In-Home Supportive Services or other Home Care Services
- ◆ Meals (i.e. home delivered meals, pantry sites, meal sites)
- ◆ Case Management Services
- ◆ Information Referral to Community Services:
- Legal & Eviction Prevention Services
- Money Management
- Mental Health/Substance Abuse Services
- Senior Centers/Adult Day Health Care Centers
- Medical/Dental Items and Services
- And More...

Veterans Services

- ◆ Benefits Review
- ◆ Disability Benefits (i.e. Pension, Compensation, Aid and Attendance)
- ◆ Income Verification
- ◆ Educational Benefits (Veterans & Dependents)
- ◆ College Tuition Fee Waiver (Dependents)
- ◆ Healthcare Information
- ◆ Home Loans
- ◆ Life Insurance
- ◆ Military Discharge Information
- ◆ Burial Benefits
- ◆ Survivor & Widow Benefits

Questions?

For more information regarding the services offered, talk with your social worker or benefits representative.

If you do not have time today, you may visit again or call:

**(415) 355-6700 or
(800) 510-2020**

City and County of San Francisco
Department of Aging and Adult Services

NEXT Village SF and Aquatic Park Senior Center teamed up in June to host part 2 of our Housing Options Workshops with a focus on how to successfully age at home. Topics ranged from:

- Evaluating your home for aging in place: Safety issues – Home safety assessment, Evan Loevner of Aviva In Home Care <http://www.avivasf.com/>
- Evaluating your neighborhood, community and other factors, such as grocery, doctors, restaurants, etc.
- Budgeting for aging in place
- Resources for aging in place: City resources through DAAS, ADRC's Local resources through NEXT Village, Aquatic Park
(<https://www.sfhhsa.org/about/departments/departments-aging-and-adult-services-daas> 415-355-6700
<https://www.sfhhsa.org/services/access-empowerment/aging-and-disability-resource-centers> 415-355-6700
www.nextvillagesf.org 415-888-2868
<http://www.sfsenior.org/>

- Legal protections for senior tenants 2:20 pm John Zanghi, Attorney
<http://hrscsf.org/know-your-rights-as-a-tenant-in-sf/>
<http://ztalaw.com/>
- Home sharing options: SF City's Home Match program, and online program, Silvernest
<https://homematchsf.org/>
<https://www.silvernest.com/>

Thanks to all of our speakers! Stay tuned for another Housing Options Workshop later this fall.



California to develop a Master Plan for Aging

In early June, Governor Newsom issued Executive Order N-14-19 calling for the development of a Master Plan for Aging. It outlines the framework for a Master Plan process, with a deadline of October 1, 2020.

SACRAMENTO – Recognizing that California’s over-65 population is projected to grow to 8.6 million by 2030, Governor Gavin Newsom [signed an executive order](#) calling for the creation of Master Plan for Aging to be developed by October 1, 2020. The Master Plan will serve as a blueprint that can be used by state government, local communities, private organizations and philanthropy to build environments that promote healthy aging.

“The Golden State is getting grayer and we need to be ready for the major population changes headed our way,” said Governor Newsom. “An aging population will introduce new opportunities for economic and community growth but also drive increased health and long-term care costs. We need a plan that brings everyone to the table – local communities, labor, private sector and philanthropy – to help us understand what’s coming and guide us toward taking better care of older Californians.”

Would you like to comment? It would be great if the committee heard from Village members about the value of Villages to seniors. More Villages would be possible if there was State funding.

Here’s the link to the proclamation: <https://www.gov.ca.gov/wp-content/uploads/2019/06/6.10.19-Master-Plan-for-Aging-EO.pdf>

To comment:

Mailing address:

Governor Gavin Newsom

1303 10th Street, Suite 1173

Sacramento, CA 95814

Phone: (916) 445-2841

<https://govapps.gov.ca.gov/gov40mail/>

July 27th ends my first year in my 60’s. Other than needing a new knee, and some major dental work, the year went well! And while the experts say that seniors need to make friends with younger people as they age, I think it’s also true that younger people need to make friends with seniors! I have so many more friends as a result of my six years with NEXT. It’s a blessing to be a part of this Village. Thank you, all.

That’s it for now. Have a happy and safe 4th, and I’ll see you in July, and Around The Village.

Jacqueline

jjones@nextvillagesf.org

415-888-2868

www.nextvillagesf.org

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NEXTVillageSF

At home, right where you are.

Post Office Box 330278

San Francisco, CA 9413

Your **July** newsletter is here!