

World Elder Abuse Awareness Day is June 8th. The purpose of WEAAD is to provide an opportunity for communities around the world to promote a better understanding of abuse and neglect of older persons by raising awareness of the cultural, social, economic and demographic processes affecting elder abuse and neglect.

Every year an estimated 5 million older Americans are victims of elder abuse, neglect, or exploitation. And that's only part of the picture: Experts believe that for every case of elder abuse or neglect reported, as many as 23 cases go unreported.

TYPES OF ELDER ABUSE

- **Physical abuse:** Use of force to threaten or physically injure an elder
- **Emotional abuse:** Verbal attacks, threats, rejection, isolation, or belittling acts that cause or could cause mental anguish, pain, or distress to a senior
- **Sexual abuse:** Sexual contact that is forced, tricked, threatened, or otherwise coerced upon an elder, including anyone who is unable to grant consent
- **Exploitation:** Theft, fraud, misuse or neglect of authority, and use of undue influence as a lever to gain control over an older person's money or property
- **Neglect:** A caregiver's failure or refusal to provide for a vulnerable elder's safety, physical, or emotional needs
- **Abandonment:** Desertion of a frail or vulnerable elder by anyone with a duty of care
- **Self-neglect:** An inability to understand the consequences of one's own actions or inaction, which leads to, or may lead to, harm or endangerment

Remember:

You do not need to prove that abuse is occurring; it is up to the professionals to investigate the suspicions.

Research indicates that more than one in ten elders may experience some type of abuse, but only one in 23 cases are reported. This means that very few seniors who have been abused get the help they need. One thing is for certain: elder abuse can happen to any older individual – your neighbor, your loved one – it can even happen to you. If you need help, or think someone you know may be being abused, you can call:

Adult Protective Services
(800) 814-0009 or (415) 355-6700

Monthly Events Around the Village

Join us for these fun activities! Please RSVP at rsvp@nextvillagesf.org or 415-888-2868.

Let us know if you need transportation.

Drink and Draw with Artist Vesta Kirby

Friday June 3, 2–3:45pm **Note time change**

North Beach Library, 850 Columbus Avenue
Upstairs Community Room

Bring your watercolor supplies! Please RSVP.

Technology Teach-in – There's "Hope" For You!

Friday, June 10, 1–2:30pm

Group Technology Teach-in, June 24, 1-3:30

North Beach Library, 850 Columbus Street

For best results, bring your devices and passwords.

Members only. RSVP required.

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

Wednesday, June 15, 6–8:30pm

The Diving Bell and The Butterfly

Julian Schnabel 2007 1 hr. 52 min

Tel Hi Neighborhood Center, 660 Lombard

Brain Fitness ~ Keep your Brain on its Toes ~

Every third Thursday 1–3:00pm

June 16, July 21, August 18

North Beach Library

850 Columbus Ave (at Lombard)

RSVP requested.

Reading Circle- Calling all readers!

Books, Magazines, Journals

Thursday, June 23, 4-5pm

Rose Pistola, 532 Columbus Ave

Come get great recommendations, hear people's reviews, and share something from what you have been reading. Bring a few bucks for a beverage.

RSVP required.

Walk and Talk

Take a walk every Saturday with other cool Village people. Meet at Caffe Sapore, 790 Lombard Street for an **11am departure. 45 minutes.**

Two Great “Live & Learn” programs in June:

End of Life- Compassion & Choices- Sponsored by NEXT Village & Aquatic Park

Monday, June 20, 1-2:30 pm

North Beach Library 850 Columbus

California Gov. Jerry Brown signed landmark legislation last October that would allow terminally ill people to request life-ending medication from their physicians. **The End of Life Option Act** will go into effect June 9.

Learn about the regulations surrounding California’s new end-of-life legislation. As written, the law requires two doctors to agree, before prescribing the drugs, that a patient has six months or less to live. Patients must be able to swallow the medication themselves and must affirm in writing, 48 hours before taking the medication, that they will do so.

Join us for a thoughtful conversation about this new option and hear from two people involved in the campaign, Regina Sneed, and Nancy Jacobson.

Group Technology Teach in – with volunteers from The Community Technology Network

Friday, June 24, 1–3:30pm North Beach Library, 850 Columbus Street.

Enjoy one-on-one time with people dedicated to helping seniors be part of the digital community. Facebook, Phones, Computers, Twitter, Online banking, and more. This is a great member benefit!

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



In July:

Get Happy! Be Happy! Stay Happy! We all want to be happy.

Wednesday, July 6, 2-3:30 pm North Beach Library 850 Columbus



Brain Fitness ~ Keep your brain on its toes ~

Thursday, June 16, 1-3pm

(7-21, 8-18)

North Beach Library

850 Columbus Ave (at Lombard)

Everybody LOVED playing these exciting new brain games. This month, we’ll limit it to two games. The more you come, the better you’ll get at doing these games. We’ll have lots of help on hand, too.



TALK. LISTEN. SHARE.

Men's Conversation Group ~ Women's Conversation Group, led by Alex Pellegrini @Aquatic Park - 950 Beach Street

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

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

NEXT member and all around good guy, Alex Pellegrini, facilitates both a men's and a women's group that meets weekly to discuss relevant issues affecting older adults. Alex has 30+ years' experience in counseling and guidance. Come and share, or just listen with the group every Wednesday. Hosted by our friends at Aquatic Park. P.S. Leslie also hosts a knitting group on Monday's from 2-4 p.m. All are welcome!

No RSVP required



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



The Diving Bell and The Butterfly — Julian Schnabel - France 2007 1 hr. 52 min

Wednesday, June 15, 6–8:30pm

Tel Hi Neighborhood Center, 660 Lombard

The true story of Elle editor Jean-Dominique Bauby who suffers a stroke and has to live with an almost totally paralyzed body; only his left eye isn't paralyzed.

Members=Free, Non-members=\$5.



Housing Options Workshop Series 1, continues

Telegraph Hill Neighborhood Center, 660 Lombard Street.

Sunday, June 26, 1:30–4pm: Shared Housing, Various Models

Structuring Shared Housing Arrangements

COST: The cost is \$45 for each trio of Workshops.

No one will be turned away for lack of funds, but please contact event organizers for details.

REGISTRATION: To register and pay, please go to:

<https://nextvillagehousingoptions.eventbrite.com>

or pay by check (NEXT Village SF, PO Box 330278, SF, 94133)

Questions? Please contact Jonee Levy jlevy@nextvillagesf.org (415-754-8622) or

Janet Crane jcrane@f-sc.com (415-398-4094)

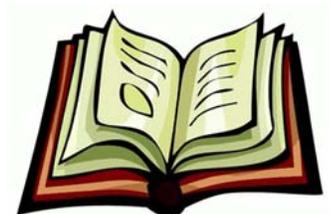


Reading Circle

Thursday, June 23, 4–5pm, Rose Pistola, 532 Columbus Ave

Come get great recommendations, hear people's reviews, and share something from what you have been reading. Bring a few bucks for a beverage.

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





Walk and Talk

Take a walk every Saturday with other cool Village people.

Meet at Caffe Sapore -790 Lombard St for an 11am departure.

The 45-minute walk (designed to be enjoyable, not to torture you), will be led by our own personal trainer, Martha Hughes. This is a great opportunity, so please take advantage of it! (If it is raining too hard to walk, you can still hang out and have coffee together!)

Feel free to contact Martha directly with any questions at (415) 271-0717 or thebullsheet@hotmail.com



世界虐待老人宣传日为 6 月 8 日。WEAAD 的目的是为世界各地的社区通过提高影响老年人被虐待和忽视的文化，社会，经济和人口进程的认识，以促进更好地去理解虐待忽视老年人的机会。

每年估计有 500 万美国老年人成为被虐待、忽视或剥削的受害者。而这只是其中的一部分：专家认为，每一个老人被虐待或忽视案件的报道的同时，有多达 23 个案件是未报告的。

研究表明，十分之一以上的年长人士可能会经历不同类型的被虐待，但每 23 个案件中只有一例被报道。这意味着极少数被虐待的老年人得到他们所需要的帮助。有一件事是肯定的：虐待老人可以发生在任何年长人士中 - 可能是你的邻居，你爱的人 - 它甚至可以发生在你身上。如果您需要帮助，或者认为你认识的人可能被滥用，您可以拨打：

成人保护服务 (800) 814-0009 或 (415) 355-6700



The Openhouse Community at 55 Laguna Lesbian, Gay, Bisexual, and Transgender-Friendly Senior Housing

55 Laguna, San Francisco's first affordable, LGBT-welcoming Senior housing, will open its doors to residents in Fall 2016. Openhouse is partnering with Mercy Housing to create a community at 55 Laguna where the lives, history, and relationships of LGBT residents and all residents are affirmed and celebrated. From our new on-site service center at 55 Laguna, Openhouse will provide support for San Francisco's community of LGBT seniors, and will offer resources, services, and community building activities to help all residents live healthy and independent lives.

Look for applications in May 2016. To receive updates on the applications process, join their interest list. You can join by visiting openhouse-sf.org/join55 or by calling 415-530-2783.



PGE – offers help with your bill if you have special medical circumstances

PGE offers a Medical Baseline Assistance Program. It's a financial assistance program for residential customers that have special energy needs due to certain qualifying medical conditions. Eligible residential customers may receive a "standard" Medical Baseline quantity of approximately 500 kilowatt-hours (kW h) of electricity and/or 25 therms of gas per month, in addition to regular Baseline quantities.

How to apply for Medical Baseline:

<http://www.pge.com/en/myhome/customerservice/financialassistance/medicalbaseline/howtoapply/index.page> or call Pacific Gas and Electric Company at:

1-800-743-5000, or 1-800-660-6789(Spanish line), or 1-800-893-9555(Chinese line).



A magnifier for your cell phone...

The Magnifier app is an Android version of the EyeReader iPhone app.

Read that menu or article with ease!

From the website: "Magnifier has onscreen zoom and lighting controls so you can change it easy, you can also use your flash as torch in order to get a better image, or activate the negative color mode. There is also a freeze image functionality that will let you freeze the image so you can read it comfortably. Once you freeze the image, you can save it or share it if you want."



Tour the de Young museum from YOUR LIVING ROOM on your computer!

NEXT members and volunteers thoroughly enjoyed our last tour at the de Young, but did you know that you can now see the exhibits from home? "Beam Tours" allow people to join in on a live tour of the museum through their computer! A "robot" screen moves around the museum, and a docent leads the tour just as she/he would if you were there! Such a great program for homebound, or for anyone who wants to see the exhibits and hear about the art from an expert, but finds it

challenging to get to the museum. It's also excellent for people who want to join in just because!

Tours include the Modern and Contemporary collection featuring works by Richard Diebenkorn, Frank Stella, el Anatsui, David Hockney, and many more. You may reserve space via email or through the museum website:

<https://tickets.famsf.org/public/show.asp>

Upcoming Beam Tours: ☑ ☑ June 6 at 10am (PST) ☑ June 20 at 2pm (PST) ☑ July 11 at 10am (PST) or 2pm (PST) ☑ July 25 at 10am (PST) or 2pm (PST) ☑

Volunteer Corner

Here's a shout-out to two awesome volunteers who help make NEXT Village SF such a great organization. **Peter Schmidt** is the first volunteer I met and the first person I called when someone needed help! I have called on him often and he has been a HUGE help. Thank you, Peter! I also want to say farewell to volunteer **America Rodriguez**. America created the wonderful video we have on our website and helped with Drink & Draw. Here's the link to the video she made: www.nextvillagesf.org. Thanks for everything, and good luck, America!



Peter and member, Ed Voight at Ed's 90th Birthday lunch!

Members, please contact me if you need something – please call 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!



From the Director



NEXT welcomes new board member, **Holly Barton**. Holly is a Hospice Social Worker at Hospice by the Bay, where she provides home visits to hospice patients and families providing psychosocial well-being through transition. Holly brings years of experience in the field of aging, including Senior Intensive Care Manager at the Institute on Aging. We're grateful for her expertise and thoughtful ideas, and look forward to having her on the team.

Here's a picture of Holly as she and her husband jumped in and helped staff our booth at the Ft. Mason Farmers Market in May. She's the smiling face wearing the hat. (That was fun! Thank you, Marie and Molly!) Come see us at the Ft. Mason Farmers Market on June 5th!

Advocacy – It keep\$ us in business, and you can be a part of the advocacy team!

NEXT Village is fortunate to receive some of our funding from The Department of Aging and Adult Services, some from grants, and some from member fees. With nearly 300 members, more than half of whom are from the Pan-Asian community, our membership reflects the make-up of our service area which is densely populated with minority, and financially challenged seniors. NEXT has two full-time staff, and one part-time contract staff, Lily Lu. Lily, who speaks Mandarin and Cantonese, handles our Pan-Asian membership, and the demands on staff are fast exceeding our capacity. To help meet our fiscal needs, NEXT is requesting additional funds from members of The Board of Supervisors. In the past, we've had strong support from District 3 Supervisors, as well as Supervisors Mar, Wiener, and Farr. This year, we are hopeful that Supervisor Peskin, who has a clear understanding of his district, will support increased funding for NEXT. We are encouraging members and supporters to contact Supervisor Peskin to urge support in this budget for our ever-expanding programs. You can contact Supervisor Peskin at aaron.peskin@sfgov.org, or call his office at: 415-554-7450. Thank you!



Villages are becoming the norm in California. There are over 50 Villages, either open, or in development in California!

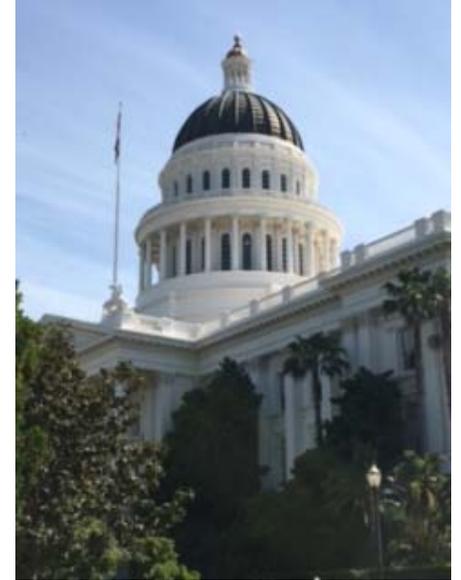
In May, I joined local advocates on the steps of San Francisco's City Hall, and I also traveled to Sacramento to join a number senior services

organizations to rally in support of senior services programs. So many organizations are providing a variety of services to older adults who are aging in community, as well as various senior facilities. Growing older is one of the biggest mysteries there is. None of us know how long we will live, or what impairments might become part of our routine, or whether we will be able to age in our homes all the way to the finish line.

Investing in programs that help people successfully age at home and stave off higher levels of care, and higher costs of care, is a fiscally responsible course of action. But compared to other programs that help older adults, Villages are new to the scene, and have not reached most elected officials radar, yet.

NEXT is fortunate to have Village leader, Assemblymember David Chiu, in Sacramento to help guide our path as we work toward state-wide support of Villages. Thanks to Assm. Chiu, we have an opportunity to introduce our state elected officials to Villages through a courtesy hearing, tentatively scheduled in early August.

As you meet or communicate with your elected officials, we hope that you will share your views on the Village movement and its value to you and your neighbors. All Villages are finding their way to becoming a sustainable model. Annual fees do not even come close to covering our budget, only seven percent of foundations fund senior programs, and local companies favor environmental, cultural, youth, and educational programs when deciding where to focus their fundraising/donation efforts. Please consider helping us as we set the stage for potential funding, which would help us carry out our mission of helping YOU age where you want to...your home.



Dignity Fund for senior services coming soon to a ballot near you

Many senior service agencies are working toward passage of a “Dignity Fund” this fall. The Dignity Fund is created by setting aside revenues from the property tax levy, revenues in the amount equivalent to \$.02 per one hundred dollars of assessed valuation each fiscal year (or approximately 2% of the property tax revenue.) If the Dignity Fund were in place in fiscal year 2014-15, it would have set aside an additional \$29 million in funds. The fund, a, will help programs that provide services to seniors in San Francisco, including NEXT Village. NEXT will host an informational meeting on the Dignity Fund this summer, and we hope you will attend to learn more about this measure and its benefits.

Survey says....

If you have received a survey request from NEXT, and have completed it, Thank you! If you received a survey but have not completed it, we would appreciate it if you would respond as soon as possible. Your input helps guide our organization, and we value your feedback. If you need us to resend the survey, just let us know.

Speaking of downsizing, mark your calendars for our July 14 Live & Learn, featuring Claudia Kraehe, of Step by Step Downsizing. Claudia is a certified senior mover and will share information about downsizing, or, in a lot of our situations, “right-sizing” our current apartments and homes. Moving is something most of us dread, but now there are certified smart-people who specialize in helping seniors with this task. Don’t miss this talk!

That’s it for now. Until next we meet, be well, stay upright, call us if you need something, and do your friends a favor...pass on the word about NEXT.

I’ll see you, Around The Village.

Jacqueline

Post Office Box 330278
San Francisco, CA 94133

Your June newsletter is here!

Villagers enjoying April Reading Circle, and Drink & Draw

