

What is A Senior Center Without Walls?

I sat down with Amber Carroll, Director of Senior Center Without Walls to learn more about this great program that helps keep people connected to others with similar interests, without having to leave home.

Where did the Walls go?

Senior Center Without Walls is a national program offering activities, education, friendly conversation, and an assortment of classes and support groups to older adults from the comfort of their own homes. All groups are accessible by phone or online!

Who can join? Is there a cost?

Anyone 60+ who's interested in learning, chatting, playing, or simply connecting with each other over the phone or computer.

Is there a cost?

All groups are free to participants!

What kind of groups do you offer?

The groups cover virtually everything you could imagine! It's hard to imagine playing Bingo over the phone, but when there's a will, there's a way! All of the groups at SCWW are borne out of interest from members, and participants themselves facilitate many of our groups.

To name a few, our groups cover areas such as: health & wellness, philosophy, writing & poetry, cultural celebrations, reflections & meditations, brain health, armchair travel, museum tours, supportive groups, and games. We offer over 70 groups every week!

How does it work?

Call us to register: (877) 797-7299. Once you're registered, we'll send you a catalog and calendar with instructions for how to join all of the groups. When joining by phone, simply dial a toll-free number and enter a meeting code. When joining by computer, you'll simply click on a link sent to you via email. It's that simple!

Do I need a computer, etc.?

No special equipment is needed for any of our groups. All of our groups are accessible by telephone, and a growing number are also accessible online.

Contact information

SeniorCenterWithoutWalls.org
(877) 797-7299

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](#)

NO class in August. Next class:

Friday, September 2, 1-2:30pm

North Beach Library, 850 Columbus Avenue
Upstairs Community Room

Bring your watercolor supplies! **RSVP requested.**

[Technology Teach-in – There's "Hope" For You!](#)

Friday, August 19th, 1–2:30pm

Teen Room in the North Beach Library,
850 Columbus Avenue

For best results, bring your devices and passwords.

Members only. RSVP required.

[Sid's Salon! Sid keeps the classic films coming!](#)

NO movie in August. Next movie:

Wednesday, September 21, 6–8:30pm

[Brain Fitness ~ Keep your Brain on its Toes ~](#)

Thursday, August 18, 1–2:30pm

North Beach Library 850 Columbus Avenue

RSVP requested.

[Reading Circle- Calling all readers!](#)

[Books, Magazines, Journals](#)

Thursday, August 25, 4-5pm

Rose Pistola, 532 Columbus Avenue

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

[Walk and Talk with Martha](#)

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

Contact Martha @ (415) 271-0717 or thebullsheet@hotmail.com to **RSVP.**

“Live & Learn” with NEXT in August!

Mindfulness Practice - led by Zachary Smith



Mondays, August 15, 22, 29, 2016

11:15am -12:15pm

Tel Hi Neighborhood Center

660 Lombard Street

Free to NEXT members. Limit 12 **RSVP required.**

Rsvp@nextvillagesf.org 415-888-2868

(You don't need to bring anything special. Dress comfortably.)

Learn how to incorporate and/or deepen a personal mindfulness practice, and focus on mindfulness related to well-being. Zachary will provide a series of guided exercises to "show people the ropes" as well as answer questions about and explain both how it works and what it's for.

Mindfulness is: "The awareness that emerges from paying attention on purpose, in the present moment, and non judgmentally to the unfolding of experience moment by moment." -Jon Kabat Zinn

"Mindfulness practice enables us to work skillfully with the ways that we all, as human beings, struggle with our lives. It does this by bringing our attention to the experience of the moment, in contrast to the way we often spend our time caught up in thoughts of past or future, and promoting both appreciation and understanding of the daily experience of living."

About Zachary:

Zachary Smith, Anshi Daigi, has been practicing mindfulness since 1993. He took Jukai in 1995 and was Shuso in 2007 under Abbot Paul Haller, who ordained him as a priest in 2014. He currently directs North Mountain Zendo, a Zazen group in North Beach. In addition to his involvement with Zen, Zachary is a husband and father (of four), an engineer, a musician, a bike fanatic, and an avid but mediocre poet. He may be the only person in the history of Zen in the West to have interrupted a residential practice period to tour with a rock band.



A most excellent Live and Learn presentation on de-cluttering and rightsizing one's life, presented by Claudia Kraehe, of Step By Step Downsizing.

About 35 curious members and neighbors attended a how-to by Claudia in July. Claudia offered many great tips, and the audience offered suggestions of their own. We'll have Claudia back in the near future. In the meantime, here are two recommendations for getting rid of bulky items and household hazardous waste. If you're interested in the notes from this event, please let us know and we'll get them to you.

SF City Services for Hauling

Residential customers are entitled to one or two curbside collections per year at no additional charge. For a nominal fee, residential customers can schedule additional Bulky Item Recycling collections or can engage us to pick up large or bulky items from inside your garage or home.

Both residential and commercial customers can schedule a Bulky Item Recycling pickup using our online form or by phone at (415) 330-1300.

SF City Services for Hazardous Waste Pickup

Recology San Francisco now offers a free pick-up service for household hazardous waste.

This service was established in 1996 for disabled and elderly residents who don't drive. Now this program is available to all San Francisco residents to provide a more convenient option for having household hazardous waste removed from their homes. **Appointment Required:** call 415-330-1405 between 8AM and 4:30PM, Monday through Friday.

If you have questions for Claudia, you can reach her at Claudia@stepbystepdownsizing.com, or 415-640-0264. Thank you for all the great ideas, Claudia!



Legion of Honor tour Private, Docent-led Tour of “Wild West, Plains to the Pacific” August 15, 1:30pm



Mined from the wide-ranging collections of the Fine Arts Museums, *Wild West* explores artistic responses to the natural and cultivated landscapes of the western United States from the frontier era to the present. The exhibition features paintings, sculptures, prints, drawings, photographs, historical artifacts, and ephemera in a thematic presentation that celebrates the abundance and diversity within the region's physical environment.

This is a companion exhibition to [Ed Ruscha and the Great American West](#)

Members & Volunteers only. Limit 10

RSVP required: svp@nextvillagesf.org 415-888-2868. Transportation available.



Sid's Salon- Sid keeps the classic films coming! Just not in August. Sid takes a well-deserved break and will return September 21st. Thanks, Sid, for taking such great to care to pick excellent films. We appreciate you!



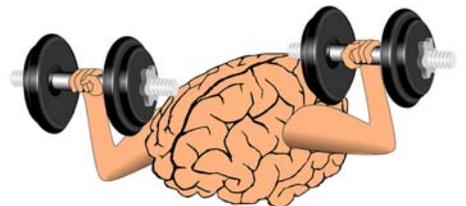
Brain Fitness ~ Keep your brain on its toes ~

Thursday, August 18, 1-2:30pm

North Beach Library, 850 Columbus Avenue

New Games, new brainteasers, and story problems. The more you come, the better you'll get at doing these games. We'll have lots of help on hand, too.

RSVP requested: svp@nextvillagesf.org or 415-888-2868. All are welcome. We do some of the problems as a group. It's a lot of fun! Try this warm up: Say the days of the week backwards. Now, Alphabetize the days of the week.



Technology Teach in – with Hope

Friday, August 19, 1–2:30pm. North Beach Library, 850 Columbus Avenue

Enjoy one-on-one time with Hope for you and your devices!

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



You're invited!

Volunteer Recognition and Member Appreciation Party!



Saturday, August 20, 3-5pm

Joe Di Maggio Clubhouse - 651 Lombard Street

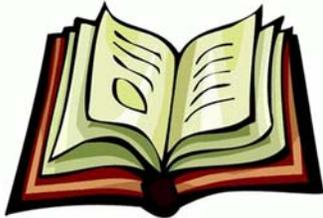
Bocce Ball & Bollywood Dancing, plus summer snacks and sippies!

Have you benefitted from any NEXT Village support? Most all members have, whether they realize it or not. Here's a golden opportunity to clap real loud as our ace volunteers take a bow for the services and support they have provided this past year, and to visit with your NEXT Village friends, and perhaps make a new Village friend. And if you have a friend that you think would enjoy learning more about NEXT, please bring them along.

Enjoy a Bollywood Dance presentation by Nima George. Nima began volunteering with NEXT Village in May. She works at Google, travels extensively, and teaches Bollywood weekly. Warm up your hips and look ridiculous with all of us as we give Bollywood dancing a twirl.

Board member and whiz Bocce Ball player Helen Doyle will be coordinating the Bocce Ball games. No special skills required beyond a sense of humor.

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



Reading Circle

Thursday, August 25, 4–5pm, Rose Pistola, 532 Columbus Avenue

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

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



Walk and Talk on Saturday mornings!

Take a walk every Saturday with other cool Village people.

Meet at Caffe Sapore -790 Lombard Street 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 and **RSVP** at 415 -271-0717 or thebullsheet@hotmail.com.



Housing Options Workshop Series 2 begins August 28th.

NEXT Village SF is pleased to present continued information on Aging in Community. Please join us for these informative workshops. All are welcome.

August 28 features Aging in Community: retirement communities/assisted-living and October 23rd:

September 25th Aging in Community: retirement communities/assisted-living, continued.

October 23rd Aging in Community: other types of community living – cohousing, pocket neighborhoods, community land trust properties and more.

RSVP requested: rsvp@nextvillagesf.org or call 415-888-2868.

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: Jonee Levy at jlevy@nextvillagesf.org (415-754-8622) or Janet Crane at jcrane@f-sc.com (415-398-4094).

Please watch your email for more information.



6月28日下午，三藩市又一村组织227 bay街的老年朋友参观新开张的旧金山现代艺术博物馆。旧金山现代艺术博物馆于今年5月重新扩建开张。扩建后其展厅和公共空间是原来的两倍以上，展示更多的旧金山现代艺术博物馆藏品以及多丽丝和唐·费希尔夫妇 (Doris and Don Fisher) 的当代艺术藏品。该馆不仅保留历史，同样也拥抱未来。所谓想像力的活化本。平常在单调又惊奇的老年生活当中，总是忘了抽空停下脚步来看看或是欣赏一些美的事物，来到旧金山现代艺术博物馆，真可谓美的事物填满了大家的眼界。参观一行七个年长人士，两个工作人员。三藩市又一村希望以后更多地组织老年朋友户外活动，增长见识，沟通感情。



Members enjoying an outing to the Asian Art Museum.



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 Wednesday from 2:30-3:30pm in Rm. 13

NEXT member and all around good guy, Alex Pellegrini, facilitates both a men's and a women's group that meet 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.**



LGBT dementia care, by Marcy Adelman

An estimated 5.4 million Americans live with Alzheimer's disease, and that number is expected to triple to 13.8 million people by 2050, according to the Alzheimer's Association.



Nationwide there are an estimated 1.5 to 3 million LGBT elders, a number that is expected to double by 2030, according to Out and Visible (<http://goo.gl/gyWcjl>).

One in nine adults older than age 65 has Alzheimer's disease and approximately 45 percent of those older than age 85 has Alzheimer's (<http://alz.org/facts/>). The surging population of mainstream and LGBT elders points to a nationwide crisis in dementia care. The only way to meet this care crisis in LGBT communities is to increase the number of LGBT dementia-competent mainstream services.

We need to do this now. LGBT elders are more likely than heterosexual elders to have less family support and more likely to be childless and to live alone, according to Karen Fredriksen-Goldsen, et al. (<http://goo.gl/QV48gF>). Limited informal support systems put LGBT elders with dementia at greater risk of abuse and earlier institutionalization. If you know someone with Alzheimer's, please consider reaching out to NEXT to see if we can provide some support.



Hold the date!

ALL SAN FRANCISCO SYMPHONY CONCERT, MICHAEL TILSON THOMAS CONDUCTING

Thursday, September 8, 2016 at 8 pm.

Michael Tilson Thomas conductor

Susanna Phillips soprano

Alexander Barantschik violin

San Francisco Symphony

Featuring:

COPLAND, Billy the Kid, Ballet Suite

TBA VIVALDI, Selection of American songs. Winter from The Four Seasons, Opus 8, no.4

ROSSINI, Ballet Music from William Tell (first SFS performance)

ROSSINI, Overture from William Tell

NEXT has purchased 8 tickets, and we pass the savings on to you. \$10 per ticket.

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



Volunteer Corner- Molly's minute

This month's shout-out goes to Kimberlee Rotchy; volunteer extraordinaire and NEXT Village's monthly Reading Circle Leader. Since joining us early this year, Kim has been making phone calls to keep members informed of upcoming events, and on the fourth Thursday of the month, leading our Reading Circle at Rose Pistola from 4-5pm.

Kim's literary passion and enthusiasm makes this reading group one of the best! While members meet to share what they've been reading, Kim takes notes to create a comprehensive book review for members to reference when looking for their next good read.

Kim is a lawyer with Sutter Health and also volunteers for the San Francisco Bar Assn. Originally from Northern Nevada, she's been in San Francisco for about fifteen years. Kim enjoys traveling, and her 2016 plans include a summer trip to Amsterdam and Berlin, then New Year's Eve in Puerto Rico. Check out the Reading Circle this month and meet this gem of a volunteer. You'll be happy you did.

Thanks, Kim, for your dedication to keeping seniors connected with books and each other! 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!

See you at the Volunteer/Member party on Saturday, August 20th!



Reading Circle volunteer, Kim Rotchy strikes a pose in France on a trip with her mom.



From the Director

July was a busy month for NEXT. Heck, they're all busy! We had our annual review at the City, and in preparation, prepared a number of compelling statistics. For fiscal year 2015-2016, NEXT:

- Now has 283 Members
 - An 800% increase in ethnic membership
- We provided 269 hours of social activity
 - Hosted nearly 100 social, cultural, and educational events
- Our volunteers provided nearly 1400 hours of support, including:
 - Direct service to members
 - Support at events, either leading or helping
 - Over 200 rides!
- Connected with over 500 different people in the community

We are now one of the largest Villages in California, and one of the most innovative – and we do it all without an office or home base, or a dedicated physical location to hold our events. We are incredibly grateful to our volunteers who lead or teach, or speak, or share with our members. We're also very fortunate to have strong partnerships with community partners at the North Beach Library, and Aquatic Park.

Thank you to all of our donors for supporting us at every turn. We know that without you, we simply could not offer the kind of support and programming that we offer. You are the heartbeat of the organization, and we appreciate you very much.

All of this gratitude leads me to the reminder to join us for our annual **Volunteer/Member recognition party on Saturday, August 20th**. It's a chance to mix and mingle and thank the backbone of the organization... our wonderful

BIG NEWS! GOOD TIME AHEAD!

Happy Halloween! Hold the Date! October 30th

I know it's a bit early to start talking about Halloween, but it's not too early to start planning for NEXT's second annual Halloween Party. Hold the date for **Sunday, October 30th**. We're lining up sponsorships now, so if you're ready to support a super fun evening, give me a shout! Tickets available soon.

Our special guest this year is **William Florian, formerly of The New Christy Minstrels!** We are in for a huge treat.



The beguiling Vesta Kirby and her fantastic costume in 2015. Can't wait to see what this year's costume will be!



Me and my hooping, festival -going pal, Kathleen, enjoying some delicious ice cream in sunny Grass Valley. We've got summer down to a science.

I'm looking forward to playing and picnicking with you on August 20th, but in the meantime, I'm off to attend my usual summer music festivals. I'm still no better at hula hooping, but I'm also still no good at sitting, so it should be fine.

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. And remember, Age does not diminish the extreme disappointment of having a scoop of ice cream fall from the cone. -- Jim Fiebig

I'll see you, Around The Village.

Jacqueline

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

Basic Membership Application

Note: All information will be kept confidential. NEXT Village SF will maintain the privacy of members' personal information in accordance with applicable California law. Confidential information regarding members will only be shared when necessary and only with the express approval of the member.

1. Name: _____
First Name Middle Name or Initial Last Name

2. Address: _____
Street City State Zip

3. Phone number: _____
Home Mobile

4. Email Address: _____

5. Birthdate: (mm/dd/yyyy) _____

6. Living situation
Marital/Relationship Status: _____
Do you live alone? Yes ___ No ___
If no, # of others in your household? ____
Household members' relationship to you: _____

TYPES OF MEMBERSHIPS

- _____ **Member** at \$600 per year for up to 2 related people (or 2 people with a significant relationship in a household).
- _____ **Sustaining Member** at \$600 per year for up to 2 people in a household (Supports NEXT, is fully Tax deductible, Social membership only, no services)
- _____ **Associate Member** at \$150 per year (Limit on services)
- _____ **Subsidized Member** (For our income-limited friends whose income is below \$48,500 per year. Please speak with membership coordinator for details.)

Emergency Contact information:
Name: _____ Relationship _____
Phone: (_____) _____ - _____ Email: _____

We are delighted that you are interested in becoming a member of NEXT Village SF! We will contact you very soon to learn more about your interests and needs. You may also apply online, or call, Jacqueline Jones, 415-888-2868 jjones@nextvillagesf.org
www.nextvillagesf.org

PO Box 330278 San Francisco, CA 94133



Around the Village in July, 2016

Here's Volunteer Coordinator Molly Tello with new volunteer Patty Myers, greeting guests before the "Rightsize your home" presentation.

We LOVE our volunteers! Volunteers and Members, please join us for a party in your honor on Saturday, August 20th! See newsletter for details.

NEXTVillageSF
At home, right where you are.

Post Office Box 330278
San Francisco, CA 94133

Your August newsletter is [here!](#)