

The Dignity Fund is on the ballot this fall.

NEXT Village and Aquatic Park Senior Center will host a presentation on the measure, Thursday, September 29, 1-2:15pm, North Beach Library, 850 Columbus.

The event is open to the public. Here is some preliminary information:

Seniors and adults with disabilities are a vital part of San Francisco – over their lives, they've contributed to the City we know and love. But, for years, funding for programs and services hasn't kept pace with the growth of these populations. Now, 24% of San Franciscans are people with disabilities or aged 60 and over; by 2030, that number will grow to 30%.

With many seniors and people with disabilities living on fixed incomes, San Francisco's rising cost of living makes it even harder to get by. According to a UCLA Center for Health Policy study, 57% of single senior households and 39% of two-person senior households in San Francisco don't make enough to cover the costs of housing, food, medicine, and other necessities.

The Dignity Fund would guarantee funding for community-based programs and services for seniors and adults with disabilities over 20 years. First, it would create a baseline of \$38 million in the City budget for these types of services. Then, the City would set aside money from its General Fund to increase funding by \$6 million next year and \$3 million additional each year for 10 years. After that, the additional annual amount would be determined by changes in the City's revenues with no new taxes!

Who will benefit?

- San Franciscans aged 60 and older
- Adults of all ages with disabilities
- Isolated LGBT older adults
- Veterans
- Caregivers
- Older adults living with HIV/AIDS
- Older adults living with dementia
- Those with other significant chronic conditions

To learn more, please go to:

<http://www.sfdignityfund.org/>

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, 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, September 9, 1–2:30pm

North Beach Library, 850 Columbus Avenue
Downstairs Teen Room

For best results, bring your devices and passwords.

Members only. RSVP required.

Brain Fitness ~ Keep your Brain on its Toes ~

Thursday, September 15, 1–2:30pm

North Beach Library, 850 Columbus Avenue
Upstairs Community Room. **RSVP requested.**

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

Wednesday, September 21, 6–8:30pm

Tel Hi Neighborhood Center, 660 Lombard Street
Free to members. Non-members - \$5.

Reading Circle- Calling all readers!

Books, Magazines, Journals

Thursday, September 22, 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 September!



Hearing Loss and Cognition

Wednesday, September 7, 1-2:30pm

North Beach Library, 850 Columbus Avenue

Upstairs Community Room

A number of studies have come to light over the last few years showing a link between hearing loss and dementia. Specifically, a pair of studies out of Johns Hopkins found that hearing loss is associated with accelerated cognitive decline in older adults and that seniors with hearing loss are significantly more likely to develop dementia over time than those who retain their hearing.

A third Johns Hopkins study revealed a link between hearing loss and accelerated brain tissue loss. The researchers found that for older adults with hearing loss, brain tissue loss happens faster than it does for those with normal hearing.

Some experts believe that interventions, like hearing aids, could potentially delay or prevent dementia. Research is ongoing. Want to learn more? Join us for this informative presentation by Jessie Johnson, Clinical Practice Manager. **RSVP requested:** rsvp@nextvillagesf.org or 415-888-2868. All are welcome.



Technology Teach in – with Hope

Friday, September 9th, 1–2:30pm. North Beach Library, 850 Columbus Avenue, Downstairs Teen Room

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

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



The San Francisco Community Partnerships present “Aging Your Way” A Community Event

Stop by the NEXT Village Booth and say hello!

Thursday, September 15th, 2016

10:00 am to 3:00 pm

Martin Luther Tower and St. Mark's Church

1001 Franklin Street, San Francisco

EVERYONE is welcome! Join us in celebration of aging *your way*! Vendors galore! Information abounds!

Speakers include Shireen McSpadden, Executive Director, San Francisco Department of Aging and Adult Services, and Shawna Reeves, MSW, Director of Elder Abuse Prevention Program, Institute on Aging.

The San Francisco Community Partnerships are a collaboration of community agencies, advocates, and nonprofit organizations focused on serving the African-American, Asian and Pacific Islander, Latino, and LGBT communities, with ongoing support and sponsorship from the San Francisco Department of Aging and Adult Services.



Brain Fitness ~ Keep your brain on its toes ~

Thursday, September 15, 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: rsvp@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.



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

September 21, 6-8:15pm

Tel Hi Neighborhood Center, 660 Lombard Street

Alice in The Cities, German: *Alice in den Städten* is a 1974 German road movie directed by

[Wim Wenders](#). 110 min.

German writer Philip Winter has missed his publisher's deadline for writing an article about the United States. Attempting to book a flight from New York City back to Germany, he meets a German woman, Lisa, and her young daughter, Alice, who are also trying to return home. After Lisa leaves Alice temporarily in Philip's care, she disappears to deal with a relationship she has recently terminated. Philip and Alice take a flight to Amsterdam on the expectation that they will meet Lisa there, only to find she never arrived to the airport.



Go! Go! Grab some friends, and GO! Don't Miss This Fantastic Film Festival!

NEXT Village is a proud sponsor of the Legacy Film Festival on Aging

September 16-18 New People Cinema, 1746 Post Street, Japantown, San Francisco.



Rita Moreno in "Remember Me".

The Legacy Film Festival on Aging was launched six years ago to present an annual film festival in the San Francisco Bay Area with films that educate, entertain, and inspire intergenerational audiences about the issues and challenges of aging.

This year there are documentaries and narrative films from the U.S., Japan, Netherlands, France, Spain, Belgium and New Zealand. Some are humorous, others bittersweet, all are eye-

opening and thought-provoking. The films include post-screening audience discussions led by filmmakers and other key people on

the themes of *The Art of Living; Who Cares?; Deep Learning; Generations; Memory; Life, Death and Love; and our closing program, Gotta Dance!*

'The Art of Living' is the theme for the **Opening Night films on September 16th**. *"A New Color: The Art of Being Edythe Boone"* is an exuberant documentary about a 78-year-old African-American artist who inspires students to imagine new possibilities, challenge stereotypes and become agents of change. The film is one of 15 films being featured. The 3-day festival is the only festival to offer films from around the world that portray the complex richness of later life.

Check out the website for information about the film schedule and how to purchase tickets,

<http://www.legacyfilmfestivalonaging.org/>



Second Annual Pier-to-Pier Walk at Aquatic Park for adults 50+

San Francisco Senior Center- Aquatic Park

Saturday, September 17. Registration opens at 8 AM and the walk begins at 9 AM

On the waterfront behind Ghirardelli Square at the San Francisco Senior Center located in the SF Maritime Historical National Park. 890 Beach Street at Polk. Take the bus: 19, 30, 47 or 49. (415) 775-1866

Time for the **Second Annual Pier to Pier Walk** from the Municipal Pier to the Hyde Street Pier with a world class view of the Golden Gate Bridge, Alcatraz, the San Francisco Bay, and maybe a little fog. Join us in promoting outdoor exercise for adults 50+; everyone is welcome to this family event. Spend an event filled morning of health and resource tables, a great raffle, fitness class demos; Hula, Zumba, Yoga, and more. Pre-registration and raffle tickets: <http://buytickets.at/sfsenior/60259> This event is brought to you by NCPHS, SFSC, and the National Park Service. **For more information, contact** Jan Freeman Assistant Program Coordinator, 415-775-1869, jfreeman@ncphs.org.

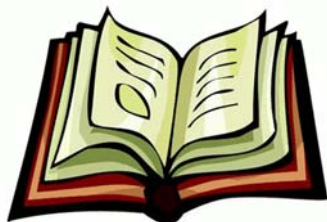


Technology Teach in – with Hope

Friday, September 9th, 1–2:30pm. North Beach Library, 850 Columbus Avenue, Downstairs Teen Room

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

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



Reading Circle

Thursday, September 22, 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!

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

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

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 continues September 25th.

Tel Hi Neighborhood Center, 660 Lombard Street

1:00-4:30pm, Sunday September 25th and October 23rd.

NEXT Village SF is pleased to present continued information on Aging in Community.

Please join us for these informative workshops. All are welcome.

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).



USDA Supplemental Food Program/ 補充食物計劃

補充食物計劃為低收入長者，每月提供一個美國農業部發出的高質素食物盒。食物盒包括多種高質素的食物例如鮭魚、米、芝士、麵食和花生醬。參與者每個月可收約三十磅的食物。

你是否符合資格

參與此計劃，你必須是一名年齡至少有六十歲的長者，收入在聯邦貧窮線準則 130%或以下。

登記加入計劃

你需帶備以下的文件前往登記。查詢分發地點所在和辦公時間，請致電 HELPLINK, 2-1-1。

1. 收入證明:

必須提供你家庭十八歲或以上的每一個人的收入證明。

例如:

- SSI 福利報表
- 社安金報表
- 發薪支票存根
- 銀行報表 (如屬直接存款)

2. 身份證明 (提供以下一個項目) :

- 加州駕駛執照 / 加州身份證
- 護照
- 其他政府官方有照片的身份證明

3. 住在三藩市和馬連縣的證明 :



水族馆后的小餐

- 有目前地址的身份證
- 任何有參與者姓名和地址的帳單

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.**



iPhone App reminds you to take your meds!



Pillboxie (\$1.99) Developed by a registered nurse, Pillboxie helps its users organize their medication schedule and sets alarms to remind them when it’s time to take the next dose.

Pillboxie uses visual depictions of actual medications to make the app even more user-friendly. www.pillboxie.com



Cultural Humility, Sensitivity and Competence at Kindred Healthcare

NEXT is part of an LGBT Community Partnership, and at our August meeting, we heard from staff at Kindred Healthcare. They shared how they positioned Kindred to be a safe space for LGBT seniors for short-term transitional care as well as a first-in-The Bay Area, post-op transgender reassignment surgery patients. The focus has led to continuous education at the two facilities in the Marin so the LGBT seniors have safe spaces for short-term rehab services. <http://www.medicalhillrehab.com/> 510-832-3222.



Services for June Osterberg,

June Osterberg, a beloved neighbor, friend, and supporter of many good cause, including NEXT Village, passed away August 1st.

A life celebration will be held Tuesday, September 6, 2016 @ 6:30 pm – 9:00 pm at The Barbary Coast Restaurant, 478 Green St @Grant (former Bocce Cafe).

Halloween in The Village 2016!

One of the most talked about parties of the year is two months away!

Sunday, October 30, 2016 from 7:00 PM to 10:00 PM

Featuring a tribute to Pete Seeger, and performance by William Florian of The New Christy Minstrels!
San Francisco Art Institute, 800 Chestnut Street

Halloween costume is encouraged, (but not mandatory)!

Doors open at 7:00pm. Please join us for a no-host bar and pre-show nibbles and drink.

Show starts at 8:00pm.

*Private post-party with DJ and dancing, and photo-ops with Mr. Florian, begins at 9:00 p.m. (For Sponsors and Gold ticket holders.)

General admission - \$100.

Gold ticket - \$175. Includes post-party dance and meet-and-greet with Mr. Florian.

Learn more about sponsorship levels, and get your tickets now at:

<http://tinyurl.com/NEXTHalloweenTickets>

For more information, please go to www.nextvillagesf.org, or 415-888-2868, or send an email to info@nextvillagesf.org



Volunteer Corner- Molly's minute



A really, really good time was had by all!

Thanks to all of the volunteers who helped rock the Member/Volunteer Appreciation Party, August 20th. It was so much fun! Thanks to Nima for getting us all up on our feet doing some Bollywood dancing. We looked great! We aren't sure who the reigning Bocce Ball champ is, but suffice it to say that watching was as entertaining as playing. Thank you all for coming and participating.

Next month's volunteer opportunities include helping someone who is coming home from knee surgery, computer support, and transportation. Please let me know if you need anything, or can help with any upcoming requests.

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!

From the Director



We were thrilled to see so many new members and volunteers at our Member/Volunteer Appreciation party last month.

To look out and see everyone doing their best Bollywood dancing was such a delight. One member commented, "Whenever I exercise, I feel my arthritis, but while I was dancing, I forgot about it." Me, too!

I'm busy trying to find some good Bollywood online tutorials for us. We're working on the Bocce Ball team, too. Reserving the court for weekly games would be expensive, so we are considering our options. If you'd like to play or help organize Bocce Ball games, please let me know.

NEXT has been experiencing a growth spurt this year. Welcome new members!

Annette Lomont, Ms. Sinnamond, Patty Murphy, Peggy Montgomery, Edith Wiggins, Jennifer & Jeff Castillo, Patricia Williams, Amanda Hamilton, Marsha Chadwick, Nancy McNally, Indiraben & Maganlal Mistry, Holly Barton & Marc Theobald, Edmond & Margaret Missiaen. –

We have had several requests for a member directory, and we have a volunteer willing to put one together for us all. If you do not want your contact information included, please let us know.

My daughters, Kasey and Jasmine, are coming for a visit the last weekend in August, and we'll be doing some hiking, and they'll be doing some surfing – a sport they both picked up in their late 20's. I'll be watching from the beach and finishing this great book I have started: The Underground Railroad, by Colson Whitehead. If you haven't read it, I highly recommend it.

I would like to think that if I had been alive during slavery, that I would have fought to end it, but as I read the book, I have to wonder. You see the depths of support for slavery and all its trappings as a normal part of life, and you see how anti-slavery supporters were often cruelly killed for protecting and providing safe passage for slaves, and even "free" blacks. It seems a lot easier to be on the side of justice today than it was then.

As I read the book, I came across a racist ad on "Etsy", an online craft website. The ad was for a "Slave" bracelet. This is a type of bracelet that goes around your wrist, and then a chain flows up to a ring on your finger. I was shocked. I wrote the artist and pointed out that it seemed like an incredibly offensive name for a bracelet, and suggested that perhaps she could come up with another name. She replied that she had never thought of it, and that she would change it right away. One small step...

That's it for now. Until next we meet, be well, keep dancing, 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

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



Fun Around the Village in August 2016

Board members, Howard Wong and Helen Doyle are on deck and taking aim. There are great Bocce Ball courts in North Beach. Teams are forming now!

NEXT VillageSF
At home, right where you are.

Post Office Box 330278
San Francisco, CA 94133

Your September newsletter [here!](#)