

Halloween in The Village 2016!

This is our major fall fundraiser. Your ticket purchase provides direct support to members and helps older adults stay active, connected, and engaged in the community they love.

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



Featuring a performance by William Florian of The New Christy Minstrels!

San Francisco Art Institute, 800 Chestnut Street

Doors open at 7:00pm. Please join us for pre-show nibbles and drink.

Show starts at 8:00pm.

*Private post-party with DJ and dancing, food and drink, plus 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: <http://www.nextvillagesf.org/halloween-village-2016/>

You can also reserve tickets by phone or by mailing a check to NEXT Village, PO Box 330278, SF, CA 94133.

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

Please let us know if you need transportation.

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, October 7, 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, October 14, 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, October 20, 1–2:30pm

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

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

Thursday, October 20, 6–8:30pm. NOTE- Not

Wednesday as usual. Just this month. The Emigrants -- Sweden Jan Troell 1973 2 hrs 45.

Tel Hi Neighborhood Center, 660 Lombard Street

Free to members. Non-members - \$5.

Reading Circle- Calling all readers!

Books, Magazines, Journals

Thursday, October 27, 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.**

No walk October 8 or 15.

Mindfulness Practice – Session Two- led by Zachary Smith

Three Sessions:

Mondays, October 3, 10, 17. 11:15am -12:15pm

Tel Hi Neighborhood Center, 660 Lombard Street

A continuation of Session one. For beginners and more advanced. 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 explaining both how it works and what it's for.



"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."

Limited to 12. Members Only. Free. You must preregister: 415-888-2868 or rsvp@nextvillagesf.org



NEXT Day at the DeYoung Museum

Monday, October 3, 1:30-2:30

Golden Gate Park | 50 Hagiwara Tea Garden Drive

Ed Ruscha and the Great American West includes 99 works that reveal the artist's engagement with the American West and its starring role in our national mythology. This exclusive exhibition has been organized by the Fine Arts Museums of San Francisco and celebrates the career of one of the world's most influential and critically acclaimed artists

Limit 10 members. Let us know if you need transportation.

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



"Live & Learn" with NEXT in October!



Get your Flu Shot - brought to you by Walgreens

**Wednesday, October 12, 1-2:30pm. North Beach Library, 850 Columbus Avenue
Upstairs Community Room**

Flu season is here. Stave off the bug by getting your free flu shot early. Bring your Medicare/MediCal card. All are welcome, but please RSVP so they have enough vaccine.

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



Technology Teach in – with Hope

Friday, October 14, 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.

Seniors At Home-JFCS Aging with Style presents: "Vitamin D, Calcium, and the Fountain of Youth"

Tuesday, Oct. 18, 2016, 11:00am-12:30pm Speaker starts at 11:15am

Jewish Family and Children's Services / 2150 Post St., San Francisco

Presentation by Dr. Steven Harris who is a board-certified internist and endocrinologist, and is a Clinical Professor of Medicine at UCSF. Dr. Harris will share information about vitamins (myths and facts), as well as answer questions related to hormones and Osteoporosis. Register: www.aging-with-style.eventbrite.com or call at 415-449-3777.



Sid's Salon - Sid keeps the classic films coming! *Film to be announced!*

Thursday, October 20th, 6-8:30pm Not Wednesday as usual. There's a Presidential Debate on the 19th night, so the Center isn't available.

Tel Hi Neighborhood Center, 660 Lombard Street

The Emigrants -- Sweden Jan Troell 1973 2 hrs 45.

Members are free. \$5 for non-members. rsvp@nextvillagesf.org or 415-888-2868. All are welcome.

Sid Says: I am going to cheat a bit here because though I have read articles about this film and its sequel ("The New Land"), both of which have won numerous international prizes, I have not seen either film. Nonetheless, if a film inspired spectators in a Chicago theater to applaud when it ended, and if Roger Ebert wrote eloquently about its unique strengths and beauty, I am going to give it a shot.

The film is the story of several farm families from Småland, in Southern Sweden, driven by seemingly inescapable poverty, exploitative land owners, and infertile land to seek a better life in America, more specifically in Minnesota. It seems, Ebert says "...as if every mother has a son in Minnesota who owns 100 acres of land. That must have sounded impressive to anyone who had not seen Minnesota 150 years ago."

These emigrants are not, however, bamboozled by stories of streets paved with gold. but they do believe that there is no class system in America and that farming might be better there. "Their dream is naive, desperate and brave—all at the same time," Ebert writes, but when Troell shows us the harshness and brutality of their Swedish lives, we can understand why they risk everything to find a better life somewhere else. As a descendant of one grandfather from Canada and another from Ireland, I share Ebert's view that "...There's not a one of us—not even the Indians, who came first— whose ancestors did not come to this continent from another..." They all took enormous risks.



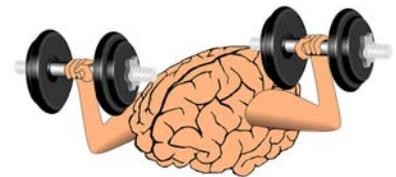
Brain Fitness ~ Keep your brain on its toes ~

Thursday, October 20, 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.



NEXT Village San Francisco will present the third program in our Fall series of Housing Options Workshops for Seniors: Aging in Community.

"Senior Housing Communities: from Independent Living to Continuing Care"

Sunday, October 23, 2016, 1:30 to 4pm

Telegraph Hill Neighborhood Center, 660 Lombard Street, San Francisco

(Note, please see location and entrance information below.)

Our third and final Fall workshop-featuring Aging in Community will take place Sunday, October 23rd, same time and location as prior Housing Options Workshops. It will focus on the more unusual senior housing options, including co-housing, co-ops, Land Trust properties, in-law units and pocket neighborhoods.

Cost: \$15 per session, however, no one will be turned away for lack of funds.

To RSVP, please go to: rsvp@nextvillagesf.org or call 415-888-2868.

For further information, please call Janet Crane 415 398 4094 or email her at jcrane@f-sc.com. ☒

Location, transit, and entrance information:

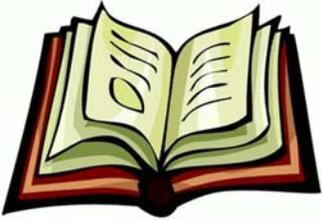
The center is located 1 block from Columbus Avenue and within 3 blocks of Muni buses: 30 Stockton, 45 Union, 8 Bayshore, and Mason St Cable Car. Please be on time as the front gate could be locked at 1:30pm for security reasons. If it is locked, you can walk around the block to the back entrance, and ring the doorbell that is located to the right of the double doors. Someone will hop up and let you in. Or, call 415-888-2868.

Reading Circle

Thursday, October 27, 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.



2017 Medicare enrollment begins, October 15.

2017 年联邦医疗保险，开放注册是在 2016 年秋天，从 10 月 15 日至 12 月 7 日（该具体日期在 2011 年定下，至今一直是相同的，并且在可预见的未来应保持原样。）

您可以从普通医疗切换到医疗保险优势医疗，反之亦然。您还可以从一个医疗优势计划切换到另一个，或者从一个医疗保险 D 部分（处方药）计划切换到另一个。

如果您已经参加了一个医疗保险 D 部分处方计划或医疗保险优势计划，而且你不希望更改，那么 2017 年，你并不需要做任何事情，你目前的计划在 2017 年继续提供。如果你的计划正在停产，不符合更新，你会从你的运营商收到不续订通知。如果你没有收到任何通知，就意味着你可以保持你之前的医疗计划。

需要注意的 2017 年的变化包括：医保收件人到达甜甜圈洞将受益于更好的处方药折扣。参保者将支付品牌药的成本



(从 2016 年的 45% 下降为) 40% , 仿制药的成本 (从 2016 年的 58% 下降为) 51%。2017 年医疗保险 D 部分免赔额为 \$400。

For 2017 Medicare coverage, open enrollment is in the fall of 2016, from October 15 to December 7th.



During this annual enrollment period (AEP) you can make changes to various aspects of your coverage. You can switch from Original Medicare to Medicare Advantage, or vice versa. You can also switch from one Medicare Advantage plan to another, or from one Medicare Part D (prescription drug) plan to another. And if you didn't enroll in a Medicare Part D plan when you were first eligible, you can do so during the general open enrollment, although a late enrollment penalty may apply.

Good News! Changes to be aware of for 2017 include:

Medicare recipients reaching the donut hole will benefit from better prescription drug discounts. The gap in prescription drug coverage (the donut hole) starts when someone reaches the initial coverage limit (\$3,700 in 2017), and ends when they have spent \$4,950. Prior to 2011, Medicare Part D enrollees paid the full cost of their medications while in the donut hole. But the ACA has been steadily closing the donut hole, and it will be fully closed by 2020. At that point, enrollees will pay just 25 percent of the cost of their drugs all the way up to the catastrophic coverage threshold. For 2017, while in the donut hole, enrollees will pay 40 percent of the cost of brand name drugs (down from 45 percent in 2016) and 51 percent of the cost of generic drugs (down from 58 percent in 2016). The Medicare Part D deductible will be \$400 in 2017.

For more information, The National Council on Aging has a fantastic website with helpful information and illustrations: https://www.mymedicarematters.org/2016/07/preparing-for-open-enrollment/?utm_source=email&utm_medium=newsletter&utm_campaign=NCOAWeek

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. **NOTE: NO WALK October 1 or 15.**

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.**



Hearing presentation in September to be followed by a phone presentation in December.

NEXT members enjoyed another outstanding presentation by Jessie Johnson of The Hearing and Speech Center. We learned about how a loss of hearing can really impact your cognition. On average, it takes a person seven years from the time of awareness that their hearing is impaired until they take action. On December 8th, Live and Learn presents Casey Kho from the California Telephone

Access Program CTAP. Casey will bring telephone devices that anyone with a hearing impairment can have for free; and will show us the latest in telephone technology for people with hearing and vision impairments.

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.**



One Hard Thing returns, Sunday, November 6th, 12-2:30 pm.

NEXT Village once again partners with the fabulous SF Evening Rotary to bring members an hour of help on Daylight Savings day. Get your clocks reset, have your smoke detector batteries changed, have someone change your light bulbs, flip your mattress, move something heavy... Two volunteers will pop by to help you with a task or two that is challenging. Let us know what needs doing, and we'll see if we can get 'er done!

Members only. Limited to 12. Must be in the NVSF service area. Sign up early!

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

LGBTQ – How can we be of service?

Support and companionship are an important piece of any older adult's life. Aging in place can mean additional challenges for the LGBTQ community. NEXT would appreciate help spreading the word to older LGBTQ folks in our service area, (northeast SF) about our services. Is there anyone who would be willing to help us host an informational event about NEXT Village? Building our LGBTQ network is one way for us to expand our reach and to provide support to folks who want to age-in-place but may feel reluctant to ask for help. Please let us know if you would like to help us in this endeavor. Thank you!



The Dignity Fund – Proposition I (The letter, not the number!)

What is the problem being addressed?

- Right now, 24% of San Franciscans are aged 60 and over plus people living with disabilities. By 2030, that number will grow to 30%. [2016 - 163,912, (20%)] [2020 – 204,705, (25%)] [2030 – 249,601, (30%)]
- With many seniors and adults with disabilities living on fixed incomes, San Francisco's rapidly rising cost of living makes it even harder to get by
- Approximately 50% of seniors and almost 70% of 65+ adults with disabilities live on less than 300% of the



Programs that serve seniors and persons with disabilities, (NEXT is one of them) will benefit greatly if Proposition I passes this November. There will be a set aside from the current General Fund of \$38 million designated specifically to help older adults and people with disabilities. The fund would grow by \$6 million in the first year, and \$3 million additionally each year for the next nine years. Imagine San Francisco truly becoming an age-friendly city!

What will the Dignity fund accomplish?

- The fund will stabilize funding for today’s services and support and establish a dedicated fund
- The fund would save money by keeping people out of higher cost institutional settings
- It will guarantee funding for community-based programs and services for seniors and adults with disabilities over the next 20 years

Examples of who the fund will help:

Seniors 60 and older	Adults of all ages with disabilities	Veterans
Isolated LBGT older adults	Caregivers	Older adults living with HIV/AIDS
Older adults living with dementia	Those with other significant chronic conditions	Everyone, because helping seniors early on is less expensive

To learn more, please go to: <http://www.sfdignityfund.org/>

Volunteer Corner- Molly’s minute



High-five to Martha Hughes, our weekly volunteer Walk and Talk leader! Martha, a native San Franciscan, works in advertising but her passion lies in physical fitness. In addition to running and hiking, she loves the outdoors, music, the SF Giants, and her family and friends. We’re lucky and grateful to have Martha’s inspiration and dedication week after week. Join in the fun on Saturday mornings! Meet her at 11:00am at Caffe Sapore for a walk around the neighborhood (October 1, 22 & 29). You’ll be glad you did!

Want to help out? Next month’s volunteer opportunities include conversational calls to members who can’t get out as much anymore, in-home computer support, and as always, transportation for errands and for pleasure. 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

One of the benefits of attending our Live & Learn series is picking up great information from a certified smart person. During the excellent Hearing University presentation in September, I decided that it is time for me to get my

hearing checked. My daughters visited me for quick weekend in September, and as I was tucking them in, they commented on the crickets they could hear in the room. I've never really ever seen crickets near my house, much less IN my house, and I sat down to listen for them. Funny thing...I never heard them! The next day, I saw two green crickets high up on a wall. I tried in vain to catch them, but they weren't having it. They hung with me for the next two days, and still I never heard them. Jessie Johnson, from The Community Hearing Center had shared with us that high-frequency hearing generally gives out first, so I asked her if cricket sounds were in that category and she assured me that they are. As a result, I'll be getting my first hearing test as an adult in October.



Speaking of my daughters, I flew to Oregon in mid-September to attend a 30th Birthday Party for my daughter, Jasmine. She and her partner had rented three beach houses for the weekend for 40 family and friends, and on the evening of the 17th just after the dinner party, she and her partner surprised everyone except for the two musicians and the minister, by getting married! We were thrilled and stunned and elated. It was a lovely event and made for a very memorable weekend.



The Newlyweds exchanging wedding pie!

That's it for now. Until next we meet, be well, come to our Halloween party, 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



Elvis wants YOU to join the fun on Oct. 30th

A Halloween party for grown-ups! What fun!

Grab some friends, toss on a costume, and meet up with friends and neighbors at the beautiful San Francisco Art Institute!

NEXTVillageSF

At home, right where you are.

Post Office Box 330278
San Francisco, CA 94133

Your October newsletter is [here!](#)