

AROUND THE VILLAGE

February, 2018

NEXTVillageSF

At home, right where you are.

SAVE THE DATE

MARCH 23, 2018
7:00 - 10:00 PM

3rd Annual Spring Fling

- Featuring an intimate performance by Ms. Paula West.
- PLUS, POST-PERFORMANCE DANCING WITH A DJ SPINNING FAVORED TUNES.

NEXTVillageSF

Sponsorships Available Now
Tickets available soon at
www.nextvillagesf.org



Save the Date!

Spring Fling, featuring Paula West!

Friday, March 23rd. 6-10pm.

SF University Club!

(Thank you, Edie Wiggins!)

Tickets available at

https://nextvillage_springfling.eventbrite.com/

By phone at 415-888-2868

By mail at NEXT Village SF, PO Box 330278. SF,
94133

Ta Da! We made it!

Thank you! Your incredible response to our year-end Birthday appeal and matching grant opportunity was incredible!

Thanks to you, every subsidized member is now a formal member. Many of these subsidized members are your neighbors and friends, and we will honor your trust by providing them with support and opportunities to connect and engage.

As former cherished member, Vesta Kirby used to say: "Many Thanks".

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 –

Friday, February 2, 1-2:45pm

North Beach Library, 850 Columbus
Avenue

Bring your watercolor supplies! **RSVP
requested. (Bring fruit.)**

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

Wednesday, February 21, 1, 6:15pm

The Woman in the Dunes

Tel High Neighborhood Center, 660
Lombard Street

Open to everyone. \$5. For non-
members.

Technology Teach-in with Hope

Friday, February 16th, 1-2:30pm

Members only.

North Beach Library, 850 Columbus
RSVP required.

Reading Circle- Calling all readers!

Books, Magazines, Journals

Thursday, February 22, 15, 4-5pm

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

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

Special Events in February
Please see newsletter for details.

- **Valentine's Walk at Rodeo Beach. Saturday, February 10th, 11am.**
- **Williams Journal. Legacy writing. Monday, February 12th.**
- **Lunch with The Bunch at Lemonade. Wednesday, February 14th, 11:30am.**
- **Aural Rehabilitation Training by the Hearing and Speech Center. Thursday, February 15th.**

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

Special Events in March

- **Four-Village gathering. Exhibit Tour at Pioneer Hall in The Presidio. Wed. March 7th 1pm. With Golden Gate, Sausalito, & Marin Villages.**
- **One Hard Thing, Sunday, March 11! Get your task list ready!**
- **Learn more about safely and effectively using cannabinoids to manage a health condition, treat an illness, and possibly reduce your intake of medication. Friday, March 23. 1pm**

Spring Fling, featuring Paula West!

**Friday, March 23rd. 6-10pm.
SF University Club!**

Drink and Draw

**This class is open to anyone at any skill level.
Friday, February 2, 1-2:45pm
North Beach Library, 850 Columbus Avenue
Bring your watercolor supplies and fruit to paint!
rsvp@nextvillagesf.org or 415-888-2868.**



Guest teacher, Melissa Karam and her artists show off their beautiful paintings. Thanks, Melissa!



Writing into Legacy; The Journal and the *William Book*
A meaningful, easy way to capture special moments. No special skills required.
Monday, February 12, 2018, 1-2:30pm.
North Beach Library. 850 Columbus Ave

This hands on, experiential writing workshop will focus on the art of journaling for those who wish to memorialize and honor particular memories, insights, questions and moments close to the heart. Journaling provides a way to wrap words around us and is both a personal outlet and a creative endeavor. *And it's fun.*



Throughout history people have had a need to write down what is most important to them, and through the act of journaling we come to a place of introspection and deeper self-knowledge. *What is of great importance? What makes us wonder? What do we endow with meaning in our lives? What captures our attention and brings delight?*

These are some of the questions we will explore and connect to the writing of journals, with particular attention to the little William Book, a tiny journal carried in a purse or bag that allows us to ‘capture’ life as we live it. In addition to the larger journal, the “William Book” allows the writer/carrier to capture life on the run and is itself a work of art and bit of legacy for the future.

There is no prior writing experience necessary for this workshop; you need only bring your unique, interesting, creative self. **Materials: One composition book, any type of notebook will suffice. Pencil or pen, colored pencils optional.**

The Instructor: Susan Stauter is the Artistic Director Emeritus of the San Francisco Unified School District.

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

(No-Host) Lunch with the Bunch
Wednesday, February 14, 11:30am -
12:30pm

Thank you, **Lemonade**, for providing us with delicious salads and cookies at our Halloween Party. We'll return the favor and have lunch at your restaurant.

Meet us at Lemonade, (Yerba Buena, 781 Mission St.). Meet up with Village friends and enjoy delicious offerings. Bring a little \$\$\$. Next month we'll visit another restaurant that has supported our Village.

RSVP @ rsvp@nextvillagesf.org Let us know if you need transportation.



Live & Learn with NEXT:



Hearing and Speech Center of Northern California's. Aural Rehab Training Presentation:

"The ART of Hearing. Communications Strategies Training"

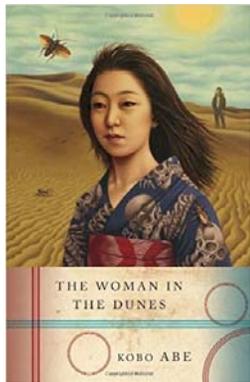
Thursday, February 15th, 1-2:30pm.

North Beach Library. 850 Columbus Ave

Jessie Johnson, Clinical Practice Manager from HSCNC will be presenting on Aural Rehabilitation Training. Aural Rehab has as its goal the habilitation or rehabilitation to overcome the difficulties of hearing loss. These techniques give your brain opportunities to boost understanding, especially in complex listening environments. It is also important for your family to understand what type of hearing loss you have and learn to communicate with you effectively. Bring them along to this class! Learn about the techniques, programs and apps that can help you communicate more effectively."

All are welcome!

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



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

The Woman of the Dunes

Wednesday, February 21st, 6:15pm.

Telegraph Hill Neighborhood Center, 660 Lombard St.

The script was written by Kobo Abe, based on his novel of the same title. Abe studied to be a doctor, but left school to join other writers who applied surrealist techniques to Marxist ideology.

The film which is really a fable, exams what community means and what sacrifices people must make –or are compelled to make – for that community to survive, however immoral the community might be.

Abe has often been compared to Franz Kafka and Alberto Moravia for his surreal, often nightmarish explorations of individuals in contemporary society and for his modernist sensibilities.

An amateur entomologist goes on a three-day vacation from work to look for an unclassified species of beetle that lives in a desert area far from Tokyo where he works. He misses his train back to the city and is invited to spend the night with a woman in a house in a sand pit. He reaches the house by climbing down a rope ladder. Little happens between the two but in the morning the man notices the texture of the woman's sleeping naked body, which is lightly covered with sand. Then he discovers the rope ladder is missing. He is expected to remain in the pit and join the woman in shoveling sand, which is hauled to the surface in bags by the villagers. "If we stop shoveling," the woman (Kyoko Kishida) explains, "the house will get buried. If we get buried, the house next door is in danger."

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

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

Death Café – Circle of Sharing

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



Tuesday, February 20th, 1-2:45pm

North Beach Library, 850 Columbus Avenue

Death Café's (<http://deathcafe.com/what/>) have been steadily gaining fans. At a 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.

Special resource information from our January session:

Grief and Bereavement Support

The Sutter Care at Home Bereavement Program is open to the public and offers individual and group support to those who have experienced a

loss. <http://www.suttercareathome.org/locations/san%20francisco.html>

Body Donation to Science and Medical Research

The **Science Care**

Those that wish to leave a lasting legacy through medical research with the researchers and educators that need human tissue to do their important work. <http://www.sciencecare.com/>

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

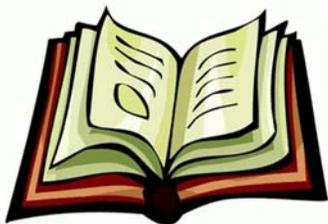
TALK. LISTEN. SHARE. Men's Conversation Group ~ Women's Conversation Group

Led by Ace Volunteer, Alex Pellegrini @Aquatic Park - 890 Beach Street

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

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

Jacqueline attended the Women's Group in August and was so impressed with this group! Nineteen women came together to hear about NEXT Village and to connect with each other. It was impressive to see the friendships made as a result of this group and to see the support they offered. Thanks, Alex and Leslie. You've created something very special.



Reading Circle –

Thursday, February 22, 4–5pm, Fior D'Italia. 2237 Mason Street.

Calling all readers! No matter what you read, books, magazines, online articles... Share your recommendations with others. Notes are taken by the fabulous volunteer, Kimberlee Rotchy, and shared with the group,

so you can relax, listen, and enjoy.

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



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HAPN

LGBTQ newsflash!

HIV/AIDS Provider Network

IV/AIDS Providers Network Budget Strategy

FY2018-19

HAPN is committed to ensuring a coordinated and high-quality system of HIV care, prevention, testing, housing, and supportive services. Our member organizations serve the most vulnerable individuals throughout San Francisco and we work together to avoid duplication, to identify ongoing gaps in services, to continually strengthen the HIV safety net, and to promote innovation, collaboration, and best practices.

For the upcoming budget cycle of San Francisco (FY2018-19), we will advocate for the following priorities on behalf of our members:

- Backfills for any and all federal level HIV funding reductions
- 2.5-3% Cost of Doing Business increase for all grant-funded contracts to address and ensure sustainability for all safety net programs
- Continued funding of 100K for the Golden Compass Project at San Francisco General Hospital which provides multidisciplinary medical care for individuals living with HIV over age 50
- Support of \$3 million in housing subsidies (per HESPA and the Budget Justice Coalition) for seniors and adults with disabilities, including people living with HIV, to address the greatest disparity in health outcomes — housing status
- Support in the amount of \$1M for enhanced mental health services demonstration, provider training and community education to benefit long term survivors of HIV and those who care for them

For more information: (415) 447-2499



Technology Teach-in with Hope.

Technology Support – phones, i-Pads, tablets, email, etc. Friday, February 16th, 1-2:30pm

North Beach Library, 850 Columbus Avenue, Downstairs Teen Room.

Bring your devices and passwords.

Members only. RSVP required.



Walk and Talk on Saturday mornings! Special walk, Sat. February 10th at Rodeo Beach. Meet at Caffe Sapore and we'll drive together to do a beautiful, short walk to Tennessee Point lookout. *Details below. We'll have volunteers to walk with you.

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

Take a walk every Saturday with other cool Village people.

NOTE: The 45-minute walk is led by personal trainer, Martha Hughes.

This is a great opportunity, so please take advantage of it! (Rain cancels.) *The Rodeo Beach hike involves some steps up from the road to the lookout, which is about ¾ mile. There are restrooms at the start of the out and back hike. We will also have walking companions for everyone. This is not an accessible walk.

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



Martha, Nancy, & Sheila took part in Pier-to-Pier walk on September 16th.



Chinese Christmas Party

Avoid the Flu!

公共服務公告

2018年1月10日

流感季來臨！

流感疫苗注射仍是最佳防禦的方式
預防三藩市內流感傳播的實用提示

加州三藩市 - 全國提前進入流感季，據加州公共衛生局 (California Department of Public Health) 報告流感活動在州內廣泛性蔓延。三藩市市民可通過流感疫苗注射來防護並可採取其它措施預防生病或疾病蔓延。

- 咳嗽或打噴嚏時應用面紙或手肘掩蓋
- 避免觸摸眼、鼻或口
- 經常潔淨雙手並且要徹底
- 生病時留在家中

醫生辦公室或主治醫生診所是接種疫苗最好兼最經濟的地方。各大藥房亦提供流感疫苗注射，無需預約前往但需收費。使用此鏈接 [Health Map Vaccine Finder](#) 查找靠近您的疫苗注射點。

更多有關流感的資訊，請瀏覽此網站 <http://www.sfcdcp.org/flu>。

我們的網站為 NEXTvillageSF.org
的信息，請致電：415-888-2868



Mark your calendar: One Hard Thing, with the SF Evening Rotary. Sunday, March 11. 12-2pm.

Each daylight savings day the lovely young volunteers of SF Evening Rotary visit members' homes and manage small tasks like, changing batteries in your smoke detectors, changing lightbulbs, flipping your mattress, and other chore (just ask- they're smart, strong, and willing). This year we will focus on checking all of your flashlights to make sure you're better prepared for an emergency. They'll also change your clocks! Let *them* stand on a ladder for you!

Volunteer Corner- Molly's minute

We're excited to welcome back one of our favorite volunteers of all-time, Sandi Hughes! Sandi is back as a NEXT Village volunteer after recovering from a terrible accident in late 2016. And, as we begin 2018, we're happy to welcome more terrific new volunteers to NEXT Village: Mia and Bob Morrill, Marilyn Clemens, Eva Daniels and Jacques Marchand, Shelley Parsons, Cecilie Wrye, Persis Johnson, and Maureen Sheridan. We're so grateful to for our entire volunteer pool. Thanks, in advance, for your generosity and kindness. You truly make a beautiful difference and brighten the northeastern quadrant of San Francisco.

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. Email or phone your requests to us at: 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're off to a great 2018, thanks to all of you. Your support allows us to focus on providing great programming and providing support to our members. We appreciate that more and more companies are providing matching donations for employees that contribute to non-profits. There are also employees that provide donations based on the number of hours an employee volunteers for us. For those of you who are in the workforce, you might ask your employer about either of those opportunities.

Fi-Di mural spotted on our walk to Lunch with the bunch at SF Soup Company.

NEXT is also set up to receive Legacy Gifts from supporters. Please contact us to learn more about how an endowment can benefit the seniors in our Village.

UPDATE FROM THE CITY

We are still waiting for the RFP (Request for Proposal) from The City which is where the bulk of our funding comes from, as well as the requirement that all members pay at least \$120. Thanks to those of you who sent messages to Supervisor Peskin and Director of Aging, Shireen Mc Spadden supporting our work and our system of providing subsidized membership to those who need it most. We'll keep you updated.

I'm looking forward to celebrating Spring with all of you at our Spring Fling. We are thrilled that Paula West is joining us again. Tickets will be available very soon.

Personally, it has been a pretty good year. So far, the worst thing that has happened is I drove over my eyeglasses. Perspective is pretty handy right now.

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 Village.

I'll see you in February, and Around The Village.

Jacqueline

jjones@nextvillagesf.org

415-888-2868

www.nextvillagesf.org

NEXT'Xtra

NEXT supporter, Judith Robinson has just published a new book:

Gold Rush Bishop telling the story of California's first Episcopal Bishop, William Ingraham Kip (1811-93, bishop 1853-93) who established the Church throughout the state, beginning in the Gold Rush. It also recounts the lives of family members related to Kip, many of whom played important roles in the nation and states history. Kip recorded his experiences traveling throughout California in a memoir, one of several that the author relied on to tell the story. Bishop Kip was a scholarly man born into a Dutch family who settled in New York State in the 1600s ("Kip's Bay" in Manhattan was the family farm). Charged "to gather up and reduce to order" the church in wild California in the 1850s, he encountered ship wreck, bandits and grizzly bears among many challenges.

Much of the story relied on valuable memoirs by Kip, his brother Leonard, son Lawrence and other family members, one of whom recorded friendships with famous English literati. Four centuries of fascinating people connected by genealogy (in Burnet, Cleveland, Dodge, Kinney, Kip, Stedman, and Stuart families) tell the history of America through personal lives.

The book is a bound softcover, thoroughly researched, with extensive notes, index and 20 pages of illustrations.

The author, (Judith) a great-great-granddaughter of Bishop Kip, is a published biographer of nine books on historical subjects, among them a history of the diocese, From Gold Rush to Millennium - 150 Years of the Episcopal Diocese of California, 1849-2000 (2000).

To order, contact: Telegraph Hill Press

562 B Lombard Street San Francisco, California 94133-7057 | 415 788 9112 e-mail:

judyrobo@pacbell.net

\$35.00 (\$40.00 including tax and shipping), payable to Judith Robinson.



The author with the cover of her book. Photo credit: Merle Goldstone.

Memory Care Resource:



Sagebrook Senior Living is a luxury community located in Laurel Heights, right in the heart of San Francisco, that provides assisted living, transitions and memory care options. Their recently renovated community boasts studio apartments with private bathrooms, an award-winning dining program, and a beautiful, private garden courtyard. Their Vibrant Life program offers a multitude of activities for seniors of all abilities.

The 25 brand-new apartments that make up Sagebrook's Memory Care neighborhood is located in its own wing within the community. Highly trained and compassionate staff provide unparalleled service by working with residents and family members to identify individual needs and design a daily routine that makes each resident feel right at home.

If you would like more information for yourself or a loved one, please call them at (415) 851-8878 or visit <http://www.sagebrooksf.com/>. Located at 2750 Geary Blvd.



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San Francisco, CA 94133

Your **February** newsletter is here!