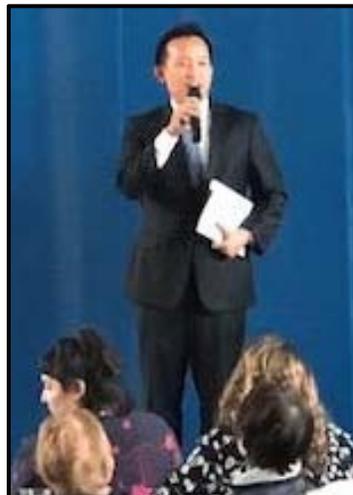


# AROUND THE VILLAGE

APRIL, 2018

## What a fabulous send off for our Jonee!

Over 200 people came together at Telegraph Hill Neighborhood Center's Gym to celebrate the lively life of NEXT co-founder, Jonee Levy Hacker. We laughed, we cried, we ate food prepared by Caffe Sapore, we listened to the fabulous Denise Perrier and Tammy Hall Trio, and we were moved by the comments of her friends and Harvey. She leaves a huge hole in our Village, and we are constantly reminded of the workload she carried on behalf of NEXT.



# NEXTVillageSF

At home, right where you are.

## Monthly Events Around the Village

Join us for these fun activities! Please RSVP at [rsvp@nextvillagesf.org](mailto:rsvp@nextvillagesf.org) or 415-888-2868.

Let us know if you need transportation.

### Drink and Draw

Friday, April 6, 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, April 18, 1, 6:15pm

#### Museum Hours

Tel High Neighborhood Center, 660 Lombard Street

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

### Technology Teach-in with Hope

Friday, April 20, 1-2:30pm

Members only.

North Beach Library, 850 Columbus

RSVP required.

### Reading Circle- Calling all readers!

Books, Magazines, Journals

Wednesday, April 25, 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.**

### 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](mailto:thebullsheet@hotmail.com) to **RSVP**

## Drink and Draw

This class is open to anyone at any skill level.

Friday, April 6, 1-2:45pm

North Beach Library, 850 Columbus Avenue

Bring your watercolor supplies and fruit or flowers to paint!

[rsvp@nextvillagesf.org](mailto:rsvp@nextvillagesf.org) or 415-888-2868.



Artists pose sans masterpieces. Join them and paint one of your own. Lucia Gonnella will show you how easy it is!



## Writing into Legacy; The Journal and the *William Book*

*A meaningful, easy way to capture special moments. No special skills required.*

Monday, April 9, 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?*

***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](mailto:rsvp@nextvillagesf.org) 415-888-2868.



**DEBUSSY FESTIVAL.** Featuring Dawn Walker, Flute; Elizabeth Prior, Viola; Sarah Voynow, Harp.

Tuesday, April 10th. 12:30pm. Old St. Mary's Cathedral. 660 California St.

**Jean Marie LeClair:** *Trio Sonata, Op. II, No.8* - **Andre Jolivet:** *Petit Suite for Flute, Viola, and Harp* - **Jacques Ibert:** *Deux Interludes* - **Claude Debussy:** *Sonata*

Free, open to the public. No RSVP required. Go to: <http://noontimeconcerts.org/upcoming/> to learn more and see other events.

Join us for:

**(No-Host) *Lunch with the Bunch***

**Wednesday, April 11, 11:30-1:00pm**

**Leatherneck Steakhouse**

**in the Marines Memorial Hotel**

**609 Sutter Street (at Mason)**

Meet up with Village friends and enjoy delicious offerings. Bring a little \$\$.

RSVP @ [rsvp@nextvillagesf.org](mailto:rsvp@nextvillagesf.org) Let us know if you need transportation.



**Unique Live & Learn with NEXT:**

**Thursday, April 26<sup>th</sup>, 1-2:30 pm - 649 Green Street Mortuary**

**Funerals - Learn the ins and outs of funeral planning:**



When someone dies, there are many decisions to make: where to hold the funeral or memorial service, whether to have a traditional funeral or a modern celebration of life, whether traditional burial or cremation is more fitting, which funeral home to choose and so much more. There's a lot to consider.

Funeral planning can seem overwhelming. Losing a family member is an emotional experience, and grief can make the funeral planning process difficult. Pre-planning final arrangements helps relieve your family of both

emotional and financial burdens. Hear from an expert at Green Street Mortuary and ask questions when you're not overwhelmed.

All are welcome!

**RSVP requested but not required: [rsvp@nextvillagesf.org](mailto:rsvp@nextvillagesf.org) or 415-888-2868.**



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

**Museum Hours** — US Jem Cohen 2013 1hr 46 min April 18, 2018

**Wednesday, April 18, 6:15pm.**

**Telegraph Hill Neighborhood Center, 660 Lombard St.**

A woman (Mary Margaret O'Hara) visiting Vienna to spend time with a dying cousin, a close childhood companion, is befriended by a museum guard (Bobby Sommer) when she asks him how best to get around Vienna. A former rock band manager, the guard, who says he is gay, and the American woman become friends, visiting parks, beer halls, and cafes. They also spend important time intensely looking at the museum's paintings by Rembrandt, Bruegel and other European masters. We, of course, look with them,

and because Cohen gives us the silence and time to do so, we also ponder the tales they might tell. The guard, in amused voice over, comments on how different groups of museum visitors—from grade-school kids to elders—respond to the paintings that have become so familiar to him.

But Cohen, knowing that there is beauty and complexity outside the doors of the museum, where the art is viewed in quiet luxury, also shows us Vienna's ordinary streets and the life goes on there. He does not separate the painted life in the museum from what is outside, presenting them to us as different aspects of a whole. In much the same way, Cohen slowly, meditatively, lets us enjoy the growth of friendship between two strangers from different countries and very different life experiences. It is a growth nourished by what the museum's remarkable works say to them about the life they depict and about their own lives.

Voice described as a combination of "pop art and impressionism." Shot in wide screen Cinemascope by Raul Coutard, it is the last of Godard's more or less traditional films before he dove deep into exploring what cinema is and how it affects us. The basic story is about Ferdinand, (Jean-Paul Belmondo) a man unhappy in his marriage and his life in Paris who runs off with the babysitter, Marianne (Anna Karina), an old flame who is now the moll of a group of crooks. To keep things flying along, as the romantic couple heads for the sunny south of France, the crooks are hot on their tail.

RSVP: [rsvp@nextvillagesf.org](mailto: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, April 17th, 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.**

**Recommended reading:**

**I'll have it my way: taking control of end-of-life decisions / Hattie Bryant.**

<https://www.illhaveitmyway.com/>

RSVP not required but recommended: [rsvp@nextvillagesf.org](mailto: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**

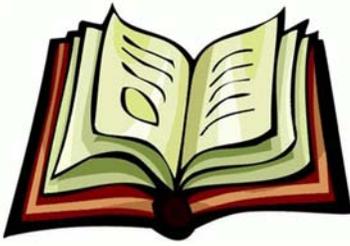
**The women's group meets every Wednesday from 1-2pm in Rm. 13**

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

Thanks, Alex and Leslie. You've created something very special.

RSVP not required.





## Reading Circle –

**Wednesday, April 25, 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](mailto:rsvp@nextvillagesf.org) or 415-888-2868.



## YOU ARE INVITED: Large City-Wide Mayoral Candidate Town Hall

To address the needs and concerns of seniors and people with disabilities.

Thursday, April 26, 2018

10:30 am - 12:00 pm

Herbst Theatre (accessible venue)

401 Van Ness Avenue



Angela Alioto



London Breed



Jane Kim



Mark Leno

**RSVP Now!**

**Web: [DignityMayoralTownHall.eventbrite.com](http://DignityMayoralTownHall.eventbrite.com)**

**Telephone: 451-400-7546**

This conversation comes at a critical time: Dignity for all of our communities is the right thing to do. It's also smart policy!

- 25% of San Francisco residents are seniors and people with disabilities.
- In 2030, there will be 100,000 NEW seniors in San Francisco, reaching nearly 1/3 of the City's population.
- Of San Francisco residents 60 and older, a full 57% lack basic economic security because of the increasing cost of living.

The Dignity Fund Coalition advocates for city-wide awareness and solutions for San Francisco's growing population of seniors and people with disabilities. Our goal is to ensure that San Francisco continues to thrive with the presence and contributions of everyone. Please join us in helping to make our great city a more aging and disability friendly place. Visit the Dignity Fund Coalition at [www.sfdignityfund.org](http://www.sfdignityfund.org).

*ATTEND, AND LET THE CANDIDATES KNOW THE VALUE OF NEXT VILLAGE TO YOU! THE CITY SHOULD MAKE THIS PROGRAM AVAILABLE TO EVERYONE, NO MATTER THEIR INCOME! LET US KNOW IF YOU PLAN TO ATTEND! Thank you. Jacqueline*

## LGBTQ newsflash!

People with HIV developing illnesses associated with aging earlier than cohorts.

▲ 70% of persons living with HIV in 2020 will be over 50



In 2015, almost 35 years since the HIV epidemic was recognized, it is estimated that half of all people living with HIV (PLWH) in the USA are age 50 and older. This is the result of effective anti-retroviral treatments which were first available in the mid-90s. We are witnessing the graying of the HIV epidemic, a prospect few would have imagined during the first 15 years of the HIV epidemic when death was an almost inevitable outcome following diagnosis. In the USA almost 700,000 people have died from AIDS. It would be akin to all

the residents of Baltimore, MD dying.

In cities across the USA more than half of their HIV populations are 50 years and older. The words “accelerated aging” are often used to describe the older adult with HIV. This descriptor is in part premised on data that shows these older adults are developing illnesses typically associated with aging at an earlier age than would be expected.

Increasingly providers of clinical care for PLWH are spending less time managing HIV drug resistance and associated short term toxicities and more time managing age associated illnesses. No one would argue that the HIV population in the US, and globally, is aging primarily due to the effectiveness of ART which prevents the collapse of the immune system. Older adults with HIV (defined here as those 50 years and older) exhibit a significantly higher frequency of multimorbidity which is defined as having two or more chronic diseases. These non-AIDS associated illnesses include cardiovascular disease, cancers, renal disease, osteoporosis, liver disease, and neurocognitive disorders. They occur in HIV-infected people who are on ART.

This change in the present and predicted clinical status of those living with HIV is causing an inexorable shift in the health management of those infected with HIV patients. If you are a member of the LGBTQ community and live within NEXT Village’s service area, you are invited to join the NEXT community.

	2013	
	Number	(%)
<b>Gender</b>		
Male	14,638	( 92 )
Female	906	( 6 )
Transfemale <sup>2</sup>	357	( 2 )
<b>Race/Ethnicity</b>		
White	9,760	( 61 )
African American	2,038	( 13 )
Latino	2,795	( 18 )
Asian/Pacific Islander	894	( 6 )
Native American	90	( 1 )
Other/Unknown	324	( 2 )
<b>Age in Years (at end of each )</b>		
0 - 12	3	(<1)
13 - 17	4	(<1)
18 - 24	138	( 1 )
25 - 29	459	( 3 )
30 - 39	1,869	( 12 )
40 - 49	4,778	( 30 )
50+	8,650	( 54 )

## Technology Teach-in with Hope.

**Technology Support – phones, i-Pads, tablets, email, etc. Friday, April 20, 1-2:30pm**

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

Bring your devices and passwords.

**Members only. RSVP required. [rsvp@nextvillagesf.org](mailto: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.

**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.)

Feel free to contact Martha directly with any questions and **RSVP at 415 -271-0717 or [thebullsheet@hotmail.com](mailto:thebullsheet@hotmail.com).**



**Martha, Nancy, & Sheila took part in Pier-to-Pier walk on September 16<sup>th</sup>.**



## 分享老年人饮食的三个秘诀



### 一、食粥非常适合老年人

古人认为，粥乃世间第一补人之物。食粥，历来为养生家所重视。粥，易于消化，调剂口味，摄生养体，尤其适合老年人。老年人食粥，必能强身健体，享尽大寿!

### 二、常饮用蜂蜜

被称为世界五大长寿地之一的某乡，那里的人们喜爱养蜂，经常吃蜂蜜，寿星特别多。有人甚至认为，“蜂蜜是老年人的牛奶”，可长期食用，有利无弊。这种说法很有道理，蜂蜜不仅含有丰富的葡萄糖和果糖，易于吸收，而且还含有多种维生素和矿物质，杀菌力也很强，可防治多种老年疾病，如咳嗽、便秘、失眠、心血管疾病、消化不良、溃疡病和痢疾等。

### 三、不挑食，什么都吃，但是食之有度

人体的正常运转需要多种营养素，也就需要从多种不同的食物中摄取。老年人不要挑食，更不要偏食，各种食物都吃一点，有利于及时摄取身体需要的各种营养物质，而且可以在不经意间防治很多疾病的发生。

我们的网站为 [NEXTvillageSF.org](http://NEXTvillageSF.org)

的信息，请致电：415-888-2868



## Volunteer Corner- Molly's minute



Once again, One Hard Thing volunteers rocked changing clocks, smoke detector batteries, lightbulbs, mattress flipping, heavy lifting, picture hanging, computer support, and other tasks as requested.

Next fall, they will provide us with a list of skills that members will be able to review and pick a task from. We'll also focus on installing grab bars in showers, so set your clocks for Sunday, November 4<sup>th</sup>!

In the meantime, if you are in need of support of any kind, we encourage you to take advantage of your membership, and ask! If we can find a volunteer, we'll hook you up! Thanks, SF Evening Rotary. This program only works because of your kindness.

**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](mailto:molly@nextvillagesf.org)

P.S. The more advance notice, the better.



## From the Director:

Our hearts are warmed by all of the friends and family of Jonee Levy Hacker who came out for her memorial on March 18<sup>th</sup>. A one of a kind event honoring a one of a kind person. Thank you for sharing your stories and for contributing to the Jonee Levy Memorial Fund. We keep her husband, Harvey, in our thoughts.

April marks my 5<sup>th</sup> year with NEXT Village SF as executive director. I'm grateful for all of the lovely people I've met and the friends I have made in The Village. The Village concept was right up my alley as I had lobbied in Oregon for a program with a similar mission of helping people as they age-in-place. And boy are we ever accomplishing that here at NEXT. We're  $\frac{3}{4}$  of the way through our fiscal year, and our volunteers have already provided over 1,000 hours of direct volunteer service to members! Thank you staff, members, and volunteers. Here's to another great year around our beloved NEXT Village.

### **SUCCESS WITH THE RFP!** (Request for Proposal)

Last month we responded to an RFP from The SF Department of Aging which would allow us to continue to receive City Funds for operations at NEXT Village. We were just notified that we would be awarded the RFP and City funding for fiscal year 2018-2019. The City funds a little under half of our annual budget, and we are fortunate to have their support. Very few Villages in the U.S. receive any public dollars.

We have outcomes we must achieve that include increasing PAID membership (The City still wants us to charge everyone at least \$120), providing a minimum of direct service hours to a certain number of members, recruiting additional volunteers, and hosting a certain number of social, cultural, and educational events.

Our favorite outcome is connecting members to each other and to volunteers and helping minimize anxiety that comes with challenges of aging-in-place. While we are grateful for these funds, we will still need to raise funds throughout the year to cover subsidized membership and round out our budget. We appreciate all of your continued support, and we never take your donations for granted.

### **CONTACT SUPERVISORS PESKIN, CATHERINE STEFANI, AND MAYOR FARRELL. KEEP IT UP!**

Thanks to those of you who sent messages to Supervisor Peskin and Director of Aging, Shireen McSpadden supporting our work and our system of providing subsidized membership to those who need it most. It's important for Supervisors Peskin and Supervisor Stefani, and Mayor Farrell to know that without \$50,000 in add-back funds this budget season, we will be forced to eliminate programs and will spend another year in constant fund-raising mode. Call or write them at:

[Aaron.Peskin@sfgov.org](mailto:Aaron.Peskin@sfgov.org)

City Hall -1 Dr. Carlton B. Goodlett Place, Room 244,  
San Francisco, CA 94102-4689  
(415) 554-7450

[Catherine.Stefani@sfgov.org](mailto:Catherine.Stefani@sfgov.org)

City Hall - 1 Dr. Carlton B. Goodlett Place, Room 244,  
San Francisco, CA 94102-4689  
(415) 554-7752

Mayor Farrell:

[mayoredwinlee@sfgov.org](mailto:mayoredwinlee@sfgov.org)

City Hall, Room 200 1 Dr. Carlton B. Goodlett Place  
SF, CA 94102  
415-554-6141

## WHAT A GREAT PARTY! Spring Fling Fun!



Thank you to all of our sponsors who donated tickets back to members, and to everyone who attended our Spring Fling. Paula West and her band were fantastic, the dance instructors were so fun, the food was great, and the Happy Patrol volunteers kept everyone happy. Special thanks to Janet Crane and Kim Rotchy for all of their planning, and to member, Patricia Callahan for the beautiful floral arrangements.

We'll see you all in October for Halloween In The Village!

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 April, and Around The Village.

*Jacqueline*

jjones@nextvillagesf.org  
415-888-2868  
www.nextvillagesf.org  
[www.nextvillagesf.org](http://www.nextvillagesf.org)

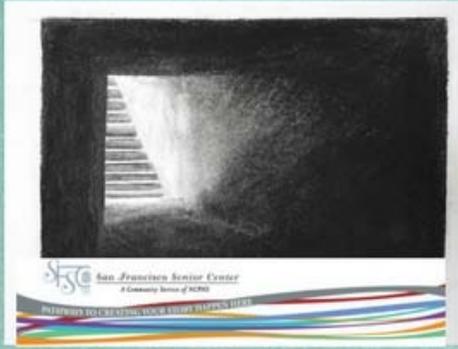
NEXT'Tra: Cannabis Presentation follow up.

On Friday, March 23, 2018, Timothy and Rebecca Byars, co-founders of the Agathist Collective and founding members of Radicle Health, delivered a talk titled Introduction to Cannabis Therapeutics to a group of approximately 25 attendees. Timothy and Rebecca provided a brief overview of the history of cannabis use, discussed how cannabis works with our own endogenous cannabinoid system, presented common routes of cannabis administration, and discussed how cannabis can help treat specific age-related and chronic illnesses.

Radicle Health is a medical cannabis clinic that helps patients—mostly seniors—use cannabis to treat age-related and chronic illness. Radicle Health provides the support that patients need to navigate the complexities of cannabis treatment and ensures that every cannabis patient receives medical advice from a knowledgeable and experienced health care professional.

If you are curious about using cannabis to treat a condition or disease, or if you want to explore options for reducing your opioid intake or other prescription medications, call Radicle Health for a phone appointment or for an in-office appointment at 925-899-8638.





## **Living Well, Aging Well**

Pathways to Wellbeing in Life and End of Life

Join us for a week-long exploration, beginning Monday, April 16, into the spiritual, creative, and practical aspects of the End-of-Life Journey culminating with our grand event:

**Saturday, April 21, 2018**

**Aquatic Park Center**

**10:00am - 2:00pm**

This is a **FREE** event and includes special presentations by:

**Dr. Dawn M. Gross - Radio Host - Keynote Speaker**

**Dr. R. Dale Poland - VITAS Healthcare - Keynote Speaker**

**Veronica DeJesus - Visual Artist**

**Emily Payne - Installation Artist**

**Sheila Malkind - Legacy Films**

**Kathleen Stefano and the Aquatic Park Players**

**SFSC Artists - Painting, Photography, Ceramics, Fabric Arts**

The week's activities include workshops on wills, advance directives, art initiatives, and more.

Citywide information: [letsreimagine.org](http://letsreimagine.org)

Please rsvp to [fmitchell@ncphs.org](mailto:fmitchell@ncphs.org) or 415.923.4485

NEXTVillageSF

*At home, right where you are.*

Post Office Box 330278  
San Francisco, CA 94133

Your April newsletter is here!