

AROUND THE VILLAGE

MAY, 2018

Thank you, dear donors. We are moved by your memorian of Jonee's work at NEXT Village SF

The Estate of Jonee Levy - \$25,000

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Donald Adreini••Helen Schwartz••Patty McCrary

NEXTVillageSF

At home, right where you are.

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, May 4th, 1-2:45pm

North Beach Library, 850 Columbus Avenue

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

Writing * Please see notes inside.

Monday, May 14th, 1-3 pm

North Beach Library, 850 Columbus Avenue

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

Wednesday, May 16, 6:15pm

Asphalt Jungle

Tel High Neighborhood Center, 660 Lombard St.

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

Technology Teach-in with Hope

Friday, May 25, 1-2:30pm

Members only.

North Beach Library, 850 Columbus

RSVP required.

Reading Circle- Calling all readers!

Books, Magazines, Journals

Wednesday, May 23, 4-5pm

Fior D'Italia, in the San Remo Hotel,

2237 Mason Street

Get great recommendations, hear people's reviews, and share what you have been reading.

Bring a few bucks for a beverage.

Death Café -Tuesday, May 15th 1-3pm

North Beach Library, 850 Columbus

Free-form conversation about end of life.



Drink and Draw

This class is open to anyone at any skill level. We aren't kidding!

Led by Lucia Gonnella – she's fabulous!

Friday, May 4, 1-2:45pm

North Beach Library, 850 Columbus Avenue

Bring your watercolor supplies and fruit or flowers to paint!

rsvp@nextvillagesf.org or 415-888-2868.



Access Day at the de Young Museum – Cult of the Machine



Monday, May 7th, 2018 1:30-2:45PM

de Young Museum, 50 Hagiwara Tea Garden Drive, San Francisco, 94118

Connections between the past and the present will be explored throughout this large-scale survey, which will feature more than 100 masterworks of American Precisionism by such modernists as Charles Sheeler, Georgia O'Keeffe, and Charles Demuth. This exhibition will shed scholarly light on the aesthetic and intellectual concerns undergirding the development of this important strand of early American modernism to explore the origins of its style, its relationship to photography, and its aesthetic and conceptual reflection of the economic and social changes wrought by industrialization and technology. You can prepare for your visit with Digital Stories: <https://digitalstories.famsf.org/cult-machine>.

Members only. Limit 10. Wheelchairs and headphones provided. Docent-led tour.

RSVP@nextvillagesf.org or by phone at 415-888-2868.



Join us for:

(No-Host) Lunch with the Bunch

Wednesday, May 9, 11:30-1:00pm

Meet up with Village friends and enjoy a delicious meal and good company.

PERRY'S, 155 Steuart St (Embarcadero)

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



Writing- We are in need of a new teacher. Pass it on!

Our dear Susan and John are both out of commission for a bit.

Monday, May 14, 2018, 1-2:30pm.

North Beach Library, 850 Columbus Ave

Please plan to come anyway and enjoy writing amongst other writers. We would like to keep the momentum going. **RSVP: rsvp@nextvillagesf.org 415-888-2868**

Monday, June 18th, 1-2:30 pm – North Beach Library. 850 Columbus

Patient Advocacy, Difficult Medical Decisions, Advance Care Planning:

WHAT DO PATIENT ADVOCATES DO, *and* WHEN MIGHT I NEED ONE?

Learn more in this special presentation by Dr. Jennifer Brokaw, a nationally recognized expert in difficult medical decisions and advance care planning.



Patient advocates are the Horse Whisperers of modern healthcare. Patient advocates have to be compassionate and extremely knowledgeable about the healthcare process. They work with patients to help them navigate the confusing and murky waters of healthcare, from insurance, to costs for procedures and much more. Patient advocates meet one-on-one with patients, helping them understand procedures, connect with doctors and specialists, looking at options for treatment, financial responsibilities and more.

A Patient Advocate will be skilled at:

- Compassion: Patient advocates work with people in pain or trauma who are scared and may have a lot of questions. Being understanding of their needs is useful.
- Patience: Patient advocates will work with people who want answers immediately, or have to deal with slow-moving and confusing health care procedures. Staying cool in stressful situations is important.
- Communication: Patient advocates need to be able to listen to patients and understand what they need, listen and communicate with insurance providers, doctors, nurses and specialists, and relay this information back to their clients.
- Attention to Detail: Understanding the complex nature of healthcare will require attention to detail to ensure that patients get the proper care.

Helpful resource information provided by the North Beach Library.

Brought to you by www.NEXTVillageSF.org and North Beach Library

For more information and to RSVP : info@nextvillagesf.org 415-888-2868.

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





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

Asphalt Jungle — US John Huston 1950 1hr 52 min May 16, 2018

Wednesday, May 16, 6:15pm.

Telegraph Hill Neighborhood Center, 660 Lombard St.

In 1948, John Huston made *The Treasure of the Sierra Madre*, a harrowing tale about three men digging for gold in the mountains of Mexico. It was a smash hit. Huston followed it with *Asphalt Jungle*, also a smash hit. Like its predecessor, it involved a small group of men trying to strike it rich, but this time through a meticulously planned jewel heist that became a model for such robberies in the many noir films that followed. Unlike the sun blasted world of its predecessor, *Asphalt Jungle* is the epitome of noir, its principal action taking place at night in a dark world splintered by shards of dramatic light.

At the center of this tale is Dix Handley (Sterling Hayden), a tough, small time thief addicted to the horses; his girl, Doll Conovan (Jean Hagen), who works in a “dime a dance” hall; and Alonzo Emmerich (Louis Calhern), a rich man’s lawyer who is a crook at heart. His “niece” is played by Marilyn Monroe in her first major role. Rounding out the small group is Doc Riedenschneider (Sam Jaffe) the mastermind behind the meticulous heist, which goes as planned until bad luck sends the plans off the rails; and Gus (James Whitmore), who runs a diner and is Dix’s buddy.

Their meticulously planned and executed jewel heist moves along smoothly... until it doesn’t. From the opening shots of Dix walking through a deserted Midwestern city trying to evade police patrol cars, you will be intrigued by this emotionally charged masterpiece of noir filmmaking.

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

Attention: Geri Koeppel, from Hoodline News will attend.

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

Tuesday, May 15th, 1-2:45pm North Beach Library, 850 Columbus Avenue

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

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

Congratulations, North Beach Library! 4th Anniversary and Open House

Saturday, May 19th, 12-4pm

Stop by the NEXT Village table and say hello- let your friends know we'll be there so they can learn more about us.



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

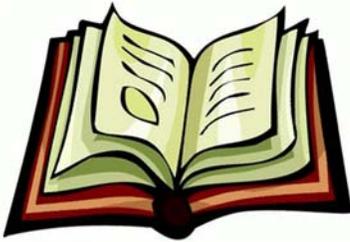
Led by Ace Volunteer, Alex Pellegrini @Aquatic Park - 890 Beach Street

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, May 23, 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.



Technology Teach-in with Hope.

Technology Support – phones, i-Pads, tablets, email, etc. Friday, May 25, 1-2:30pm

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

Bring your devices and passwords.

Members only. RSVP required. 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.**



老人春季养生要注意什么

1、不宜食用生冷食品

在春天老年人宜多吃些富有营养并且又容易消化的清淡食物，不吃或是尽量少吃生冷食品，以免刺激胃肠引起疾病。胃寒者早晚喝点姜糖水，有御寒暖胃和防止感冒的双重作用。

2、要勤于活动

春光明媚，正是老年人走出家门参加健身活动的大好时光。常到户外活动，能尽情地呼吸新鲜空气，荡涤体内污气，增强心、肺功能，能舒适地沐浴和煦阳光，杀死皮肤上的细菌、病毒，增强机体的免疫力。

3、衣着要适合

春天气候多变，忽寒忽暖。因此，老年人不要过早脱棉衣，而应适当“捂”一段时间，以便身体各个器官能够适应。这样能防止受凉感冒，从而免除诱发肺气肿、肺炎、肺心病的危险。

4、切忌四处串门

春天是呼吸道传染病的多发季节，老年人由于免疫力差，所以容易感染。在疾病流行期间，老年人不要频繁出入商场、影剧院等人多的公共场所。每天吃几瓣生大蒜或是在室内熏蒸食醋，均有预防呼吸道传染病的良效。

LGBTQ News: Film Festival- coming in June!



Volunteer Corner – Molly's Minute



Member Ed Voight, and
NEXT Volunteer, Kelsey,
are all smiles.

NEXT Village member Ed Voight, a member for the last five years, has moved to Foster City. We've been with Ed through trips to physical therapy and doctors, One Hard Thing tasks, computer support, and trips to the grocery store for the essentials. Ed was an ace member who was always polite, generous, and expressed gratitude to NEXT and all of the friendly volunteers who were eager to lend a hand to help him stay in his North Beach apartment. We miss Ed already, and we love that we have many more friendly "Ed's" in our Village. Happy trails, Ed! Stay in touch. We're starting a list of people who need a grab bar installed in their shower. Please let us know if that is on your wish list. Speaking of wish lists, your wish is our command (most of the time!). Be sure to let us know how we can be of service.

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!

Want to help out? This month's volunteer opportunities include helping take garbage and recycling down three flights of stairs to the bins in the basement, and 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

Happy May Day!

From the Director:

OH MY GOSH THIS WEATHER!



Me & my hiking tribe at the finish line.

MI hope you have been enjoying these stunning spring days. I just participated in the 100th Anniversary of the first Women's Dipsea Hike (7.9 miles, Mill Valley to Stinson Beach). Women weren't allowed to enter the Annual Dipsea Race because the racing association wouldn't let them. They "allowed" the women to have a Dipsea Hike- for three years. They were convinced that women would have physical problems if they participated in vigorous exercise and canceled any future events. Pfffttt. I crossed the finish line with a woman who was 80, and had lunch with a 92 year old woman who did the "race" 50 years ago when they had a 50th anniversary hike. I hope to still be hiking when I'm 92! We're fortunate to have Martha Hughes, a certified trainer, lead our Saturday walks, and you're encouraged to join her.

Also, research shows that [Exercise might slow rate of mental decline by 10 years for older people!](#)

Update: \$120. Membership Fee. Your calls are helping! Please keep them going!

We continue to push back at the Department of Aging for imposing a \$120 minimum fee for all members. Their position is that people who pay for membership will value their membership more and will be 'vested' in NEXT Village. They have decided that FAMILY can cover the membership fee, but will decide what constitutes family other than children, on a case-by-case basis. This could delay memberships for those in need, and discriminates against seniors who have no family, or whose family cannot pay. They have also told us that we can no longer fundraise for members who cannot pay. We want members to value their membership and to feel vested in NEXT, but with input from members, we know that is not an issue. Over 60% of our members are receiving a subsidized membership, and of those, we predict only about 10% will be able to pay for their memberships. We have no way of knowing what the financial situation is for any relatives, if there are any!

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

Mc Spadden 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

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

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

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

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 May, and Around The Village.

Jacqueline

jjones@nextvillagesf.org

415-888-2868

www.nextvillagesf.org

www.nextvillagesf.org

NEXT'Tra:

Dementia study links your risk with your fitness level, By Jacqueline Howard, CNN. Updated

A study suggests that high stamina, compared with medium, can decrease dementia risk by 88%. Fitness in midlife, not just old age, can protect your brain health, one expert says.

(CNN)Your stamina -- or the time it takes for you to reach peak exhaustion during exercise -- can be tied to your dementia risk, and a new study reveals how.

The study, published Wednesday in the medical journal *Neurology*, found that women with high cardiovascular fitness, or high stamina, had an 88% lower risk of dementia than women who were moderately fit.

"I was not surprised that there was an association, but I was surprised that it was such a strong association between the group with highest fitness and decreased dementia risk," said Helena Hörder, a professor in the Department of Psychiatry and Neurochemistry at the University of Gothenburg in Sweden, who was first author on the study.

Helpful links below:

[Exercise might slow rate of mental decline by 10 years for older people](#)

Dementia is the name for a group of symptoms caused by [disorders that affect the brain](#), often leading to memory loss or other problems with brain function. [Alzheimer's disease](#), an irreversible and progressive brain disease, is the most common type of dementia.

Smartphone Swindles

Knowing that you are likely to ignore unrecognized or private numbers on caller ID, today's crooks use software that allows them to display fake numbers that are hard to resist. Here are some variations.

- The neighbor ploy Your area code and prefix are displayed, so the call appears to be from a neighbor or nearby business. "Fewer people are comfortable blocking local numbers, increasing scammers' success rates," notes Jonathan Nelson of Hiya. And the fake number makes it hard for law enforcement to track.
- The "Hey, there's a call from my own phone number" scam It's hard to resist answering a call from your own number, which scammers can simulate. And they are able to get around any call blocking that you've set up.
- The one-ring rip-off Criminals sometimes program auto-dialers to make repeated calls to you, each disconnecting after just one ring. They know this might spur you into calling back the displayed number to complain. There's double trouble if you call area codes such as 268, 664 and 876. These are for Caribbean countries and other places that have high per-minute phone charges. One scam involves getting you to call one of those numbers, then getting you to hold through transfers that rack up your bill until a scammer gets on the line and starts a fraudulent pitch.

One more important tip: Never follow a text's instructions to push a designated key to opt out of future messages. Instead, forward the questionable text to short code 7726, so cellphone carriers can block that sender. You can further bolster defenses against mobile scams — which have quadrupled in the past two years — with call-blocking apps such as Hiya, Truecaller, NoMoRobo and PrivacyStar. Let us know if we can help you download any of those apps. We're happy to help.

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Post Office Box 330278
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Your **May** newsletter is here!