

AROUND THE VILLAGE

June, 2018

Happy Election Day – Vote, Tuesday, June 5th.

Here's a helpful link to the live Candidate forum hosted by The Dignity Fund. There is also a pre-submitted Q&A that the candidates responded to as it pertains to seniors and persons with disabilities. That link is below the video: <https://sfdignityfund.org/>

Not sure where to vote? Contact the Department of Elections by email or phone at (415) 554-4375

Need help getting to the polls? Please let us know! rsvp@nextvillagesf.org or 415-888-2868



Cheers! New! Happy Hour



Monday, June 18th
Third Mondays, 4-6pm
Pescatore – 425 Mason St
@North Point
in Hotel Zoe at
Fisherman's Wharf
<http://www.hotelzoef.com>

Everyone is welcome!



Hooray! A local Farmers' Market!

North Beach Farmers' Market
Saturdays, 9am -1pm

699 Columbus (@Filbert) Fresh fruit, vegetables, meat, and cheese will be on sale every Saturday from 9am to 1pm. Sponsored by North Beach Neighbors and Piazza Pellegrini.

Have an idea? Want to be of service?

Help build the NEXT Village community:

- Take ownership of a coffee klatch
- Help create an obituary writing workshop
- Suggest topics/speakers to Live & Learn
- Join our Board of Directors
- Identify sponsors for our Halloween Party

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, June 1, 1-2:30pm

North Beach Library, 850 Columbus Avenue

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

Writing * Please see notes inside.

Monday, June 11, 1-3 pm

North Beach Library, 850 Columbus Avenue

Death Café -Tuesday, June 19, 1-3pm

North Beach Library, 850 Columbus Avenue

Free-form conversation about end of life.

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

Wednesday, June 20, 6:15pm

I Am Not Your Negro

Tel High Neighborhood Center, 660 Lombard St.
Open to everyone. \$5. For non-members.

Technology Teach-in with Hope

Friday, June 22, 1-2:30pm

Members only.

North Beach Library, 850 Columbus Avenue

RSVP required.

Reading Circle- Calling all readers!

Books, Magazines, Journals

Wednesday, June 27, 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.



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, June 1 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.



Join us for:(No Host)

Lunch with the

Bunch.

Wednesday, June 13,

11:30-1:00pm

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

Nick's Crispy Tacos - 1500 Broadway

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



Writing- We have a new instructor! Welcome, Meg O'Shaughnessy

In our May session, writers read a short story they had recently written, and the group shared their comments. Following that, the group selected a card which helped instruct the next short story they composed in a 10-minute writing session. The results of that session were read aloud, and the group offered their thoughts. It was a warm and supportive 90 minutes, and all agreed that they enjoyed the format very much. One attendee who had never written a story wrote a gem that all found

relatable and interesting. Please join us in June! No skills are required.

Monday, June 11, 2018, 1-2:30pm.

North Beach Library, 850 Columbus Avenue

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**



Unique Live & Learn with NEXT & North Beach Library

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.

Cheers! New! Happy Hour
Monday, June 18th (Third Mondays,)
4-6pm

Everyone is welcome!



We'll have Cribbage & Scrabble boards on hand.

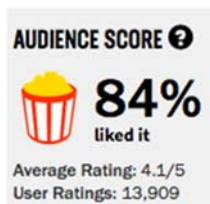
Pescatore – 2455 Mason St @North Point
in Hotel Zoe at Fisherman's Wharf

<http://www.hotelzoef.com>

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



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



I Am Not Your Negro Raoul Peck US 2017 1hr 33 min (June 20, 2017)

Wednesday, June 20, 6:15pm.

Telegraph Hill Neighborhood Center, 660 Lombard St.

***I Am Not Your Negro* —**

When James Baldwin died of cancer in 1987, he left behind some 30 pages of his last work, *Remember This House*. After years of wanting to make a film about Baldwin, Raoul Peck, born in Haiti, received a gift of these pages from Baldwin's sister, and realized that they could be the skeleton of a film about the great American writer. The unfinished work focused on three of Baldwin's friends and colleagues in the struggle for Negro equality: Martin Luther King, Medgar Evers, and Malcolm X, all murdered at the peak of their maturity as men and leaders. In Baldwin's view, King and Malcolm X, were murdered because, in spite of their disagreements, they were publicly making it clear that the fundamental source of the Negro's plight was the economic inequality that people of color, and all the poor, suffered from in this country. Their coming together on this point made the establishment very, very nervous.

Peck uses footage from throughout the 20th century to illustrate the Negro struggle and the brutal violence used against it. The commentary, read by Samuel L. Jackson, is all Baldwin's and suggests that in spite of some gains, much for Negroes has remained unchanged. One can argue with that, but the case for such a point of view is conveyed convincingly in everything from a live 1968 TV interview with Dick Cavett to images of lynchings from the early 20th century to photos of the many young Negro men whose recent deaths at the hands of the police have spurred the birth of the Black Lives Matter movement. Baldwin's words, spoken throughout several decades of his difficult life in places as varied as community meetings in Harlem, churches, and international forums, are eloquent, angry, powerful and, though often sad, even slightly hopeful. It is a voice we need to hear and heed—still.

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, June 19, 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.



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

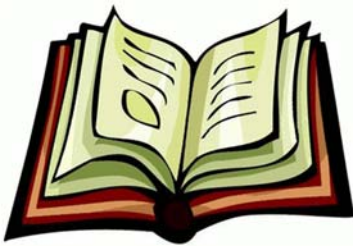
Led by Ace Volunteer, Alex Pellegrini @Aquatic Park - 890 Beach Street

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, June 27, 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, June 22, 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.



美国旧金山市长选举紧锣密鼓

华裔选票至关重要

旧金山市长特别选举的选战已经密锣紧鼓地展开。在角逐市长席位的各主要候选人中，有一名非裔女性、一名韩裔女性、一名意大利裔女性，以及一名男同性恋者，却没有一名重量级的华裔人士。阿里奥图、里诺、布里德和金贞妍。究竟谁能成功竞选，当地华人拭目以待。

然而，就算没有重量级华裔参选人，今年6月仍有20%的华裔选民参与投票。其中，大部分华裔选民生活在旧金山的西部和南部，而且不少人是小业主，极为关注教育、公共安全及城市营商环境等议题。

曾协助多人参选公职的旧金山政治顾问 Tom Hsieh 表示，各市长参选人有充分的理由争取华裔选民的选票，这些华裔选民很可能决定此次市长选举花落谁家。



NEXT Village VISIT TO **GREEN STREET MORTUARY** in April. (Submitted by Anne Averill)



On Thursday April 26, 2018 some 15+ folks from NEXT Village were graciously welcomed for a visit to the historic Green Street Mortuary, opened in 1917 in San Francisco's North Beach / Chinatown area. We were greeted by Mr. Crae Horse, a funeral counselor there, who provided a bit of historical information regarding the origination of the mortuary first serving mostly the Italian population of North Beach. He also provided insight into current pricing for the mortuary's various services. Learn more about the legendary Green Street Band and the ritual funeral processions through Chinatown: <https://www.npr.org/programs/lnfsound/stories/031003.greenstreet.html>

In addition to this interesting historical information, Mr. Horse provided each visitor with a booklet for use in gathering personal, family, financial and other types of information for individual use in advance of need. The forms and lists may be helpful in organizing all kinds of tasks left to one's family, friends, heirs, assignees upon the eventual occurrence of our death. To request a free copy of this very helpful document, stop by the mortuary at 649 Green St, or request one by phone at 415-433-5692. You can also download a copy at:

<https://www.dignitymemorial.com/funeral-homes/sanfrancisco-ca/green-street-mortuary/2594>



LGBTQ News:



Film Festival- starts June 14th!

An amazing array of interesting films.

General ticket sales start Friday, June 2. <https://www.frameline.org>

SF Pride Parade & Celebration— Sunday, June 23-24th.

This years' theme: Generations of Strength (www.sfpride.org)



Volunteer Corner – Molly’s Minute



We’re happy to welcome more terrific new volunteers to NEXT Village! Whether it’s helping to sort and organize paperwork, grocery shopping, doing laundry, or brightening up a member’s day with a smile, phone call, or visit, our volunteers are the heart of NEXT Village Sf. I am re-charged and inspired whenever I meet another angel who wants to make a positive difference in the lives of their senior neighbors. 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. Photos l-r: Mireia Codina, Stefanie & son Michael Miller, Rhonda Miller, and Marika Austin (not pictured).

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! 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.

Want to help out? Next month’s volunteer opportunities include visits and errands for folks who are recovering from hospital stays, 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. Wishing you and yours a healthy and happy June!



From the Director: So much sagacity in our Village.

Profound thoughts from Profound Patricia Franks:

I had the pleasure of having coffee at my new favorite coffee shop, Café De Casa, an original Brazilian café with delicious, delicious coffee, GREAT food, tasty, unique sweets, reasonable prices, and friendly staff. Located at 2701 Leavenworth – the corner of Columbus and North Point. Call me! I’ll meet you there.



Coffee with Patricia is always enlightening. Like an old friend, it doesn’t matter how much time has passed since we last connected. I love that she always imparts some wisdom on me. I asked her if I could share some thoughts with our readers, she kindly obliged: “When I was talking with a friend, she asked me what was important to me now in my life, I said supporting myself, my family, my friends, my neighbors, my neighborhood, and my community.” Patricia walks her talk. She has been a strong supporter of NEXT Village for years and appreciates how easy it can be to support a neighbor by supporting NEXT. We’re blessed to have Patricia as a member and agree with her

philosophy! If you have some wisdom to share with us, send us an email!

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

We continue to push back on the Department of Aging new rule that imposes a \$120 minimum fee for all members. We have been meeting with staff and members of The Board of Supervisors to seek their support for \$50,000 in this year’s budget to continue to serve our financially challenged members through a separate program called a “Community Connector.” 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.

Thank you for contact Supervisors Peskin, Stefani, and Mayor Farrell. We have one more month to make our voice heard before the 2018-2019 budget is passed!

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
mayormarkfarrell@sfgov.org City Hall, Room 200 1 Dr. Carlton B. Goodlett Place SF, CA 94102 415-554-6141	Shireen.McSpadden@sfgov.org

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 June, and Around The Village.

Jacqueline
jjones@nextvillagesf.org
415-888-2868
www.nextvillagesf.org
www.nextvillagesf.org

NEXT’Tra:

Lifting Medicare's Annual Limits on Physical Therapy Helps Ease Patients' Pain, Medicare Drug Plans, and Medicare Advantage Programs.

Bert Johnson for Kaiser Health News

Physical therapy helps Leon Beers get out of bed in the morning and maneuver around his home using his walker. Other treatment strengthens the 73-year-old man's throat muscles so that he can swallow food more easily, says Beers' sister, Karen Morse. But in mid-January, his home health care agency told Morse it could no longer provide these services because he had used all his therapy benefits allowed under Medicare for the year. Beers, a retired railroad engineer who lives outside Sacramento, CA., has a form of Parkinson's disease. The treatments help slow his condition's destructive progress and "he will need it for the rest of his life," Morse says. Under a recent revision in federal law, Medicare patients who qualify for these services will no longer lose them solely because they used too much." It is a great idea," says Beers. "It will help me get back to walking."

It's also one of several important provisions tucked into the federal [budget agreement](#) approved by Congress last month that could improve the health of 59 million Americans who have Medicare, the federal health insurance program for older or disabled adults. Here are three of the key changes, and a bit more about what each means for patients.

...continued

Expands Medicare's coverage of physical, occupational and speech therapy

The two-year budget deal removes annual caps on how much Medicare pays for physical, occupational or speech therapy and streamlines the medical review process. It applies to people in traditional Medicare as well as those with private Medicare Advantage policies. As of Jan. 1, Medicare beneficiaries are [eligible for these types of therapy indefinitely](#) as long as their doctor — or, in some states, physician assistant, clinical nurse specialist or nurse practitioner — confirms their need for therapy, and they continue to meet other requirements. The Centers for Medicare & Medicaid Services last month notified health care providers about the change. And under a [2013 court settlement](#), patients won't lose coverage simply because they have a chronic disease that doesn't get better.

"Put those two things together and it means that if the care is ordered by a doctor and it is medically necessary to have a skilled person provide the services to maintain the patient's condition, prevent or slow decline, there is not an arbitrary limit on how long or how much Medicare will pay for that," says [Judith Stein](#), executive director of the nonpartisan Center for Medicare Advocacy.

The webpage for patients describing the changes in physical, occupational and speech therapy benefits [was taken down](#) for updating three weeks ago and was still missing, as of Tuesday afternoon. But patients and providers *can* find a [CMS update posted last month](#) for providers that explains the change. And information from the 800-Medicare help line (800-633-4227) has been updated with the new information.

Shrinks the "doughnut hole" a year earlier

Beneficiaries have long complained about a coverage gap in Medicare drug plans — what's known as the [doughnut hole](#). That gap arises when the initial coverage phase of the plan ends— this year, that happens after the beneficiaries and their insurers have paid \$3,750 for covered drugs. At that point, a patient's share of prescription costs shoots up. This year, when people hit this stage, they are responsible for paying up to 35 percent of brand-name drug costs, until a higher threshold of expenses is reached.

When beneficiaries' total yearly drug expenses reach a certain amount (\$5,000 this year), they enter a new stage of coverage, paying just 5 percent of the costs after that amount. But studies have shown that fewer than 10 percent of beneficiaries spend enough to reach that last stage.

The Affordable Care Act had called for the patient's share of drug costs in this "doughnut hole" gap to be narrowed to 25 percent by 2020; the budget deal [moved that adjustment earlier, to 2019](#). Much of the drug cost will be shouldered by pharmaceutical companies. And those payments by drug makers will count as money paid by patients, which will help Medicare patients progress to the far side of the doughnut hole gap more quickly, according to [Caroline Pearson](#), senior vice president at [Avalere Health](#), a research firm.

The deal could have an added attraction. "Premiums will come down because the drug plans are not being required to cover as much as they used to," Pearson adds. Lower premiums will also save money for the government because it will spend less on subsidies for low-income beneficiaries.

Expands Medicare Advantage benefits

Another important change allows private Medicare Advantage plans in 2020 to offer special benefits to members who have a chronic illness and meet other criteria. Currently these private insurance plans, which limit members to a network of providers, treat all members the same. But under changes in the budget law, benefits in 2020 that target certain members who have chronic diseases do not have to be primarily health-related and need only a "reasonable expectation" of improving health. Some examples that CMS has suggested include devices and services that assist people with disabilities, minimize the impact of health problems or help patients avoid emergency room visits. This wider range of benefits might help some people remain in their homes instead of entering nursing homes or could increase the quality of life of some Medicare Advantage patients and help reduce unnecessary medical expenses.

But the changes will affect only those beneficiaries enrolled in these private plans — about a third of the Medicare population. "We would like to see some of these innovations happen in the traditional Medicare program as well, so that all beneficiaries would be able to reap these benefits," says [Lindsey Copeland](#), federal policy director at the Medicare Rights Center.

NEXTVillageSF
At home, right where you are.

Post Office Box 330278
San Francisco, CA 94133

Your JUNE newsletter is here!