

AROUND THE VILLAGE

June 2019

Special event in June

NEXT Village SF's Housing Options workshop series
Part II – Aging-in-place – PLAN AHEAD. WHAT SHOULD YOU KNOW?

**Presented
by NEXT
Village San
Francisco
& Aquatic
Park Senior
Center**



Thursday, June 20th, 1pm - 3:30 @ Aquatic Park Senior Center, 890 Beach

Featuring:

- *An overview of planning for aging in place in your home: practical, social, legal and financial considerations.*
- *Evaluating your home and neighborhood for suitability for aging in place. Rights of tenants to make improvements in their homes to make them safer for aging.*
- *Legal protections from eviction for senior renters. Tenant rights*
- *Do you have the right to bring a live-in caretaker into your home?*
- *Aging in place considerations for homeowners*
- *Homesharing programs*

Please RSVP: rsvp@nextvillagesf.org - please put "HOW" in the subject line, or call us at 415-888-2868 to reserve a spot.

RESOURCE INFO FROM MAY WORKSHOP AT THE END OF THIS NEWSLETTER UNDER 'NEXT'ra"

Facing eviction? Read this!

City to provide lawyers for tenants facing eviction

The City of San Francisco has just implemented a program to provide attorneys to tenants who receive an eviction or unlawful detainer notice from their landlord. These attorneys will represent the tenants all the way through the eviction process or appeal, at no charge to the tenant.

This program was funded by Proposition F that was passed in the last election and is part of the City's effort to prevent displacement and homelessness. NEXT will discuss this program in more detail at our June 20th Housing Workshop on Planning for Aging in Place.

NEXTVillage

At home, right v

Monthly Events Around the Village

Join us for these fun monthly activities!

New Event: Coffee Klatch, Wednesdays 10–11:30am Illy Coffee at 2055 Union Street @ Buchanan

Note time change. See details inside.

Bocce Ball -Wednesdays, 3pm, Joe DiMaggio

Walk and Talk – Saturdays, 11am, Caffè Sapore
No walk June 22 and June 29th.

Drink and Draw -

Friday, June 7, 1-2:45pm

North Beach Library, 850 Columbus Avenue

Writing with Meg O - No class in June

Returns Monday July 8, 1-2:45 pm

North Beach Library, 850 Columbus Avenue

Lunch with The Bunch –

Wednesday, June 12, 11:30am-1pm

Transit Cafe in the Presidio, 215 Lincoln Blvd.

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

The Seven Samurai

Wednesday, June 19, 6:00pm-9:30pm Jane Winslow's home. **RSVP for details.**

Happy Hour –

Monday, June 17, 4-6 pm

Francisco Café – 2161 Powell St @ Francisco

Death Café – No Death Café in June

Returns Tuesday, July 16, 1-2:45pm

North Beach Library, 850 Columbus Avenue
Free-form conversation about end of life.

Reading Circle- Calling all readers!

Books, Magazines, Journals

Wednesday, June, 26th. 4-5pm

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

Technology Teach-in with Hope

Friday, June 24, 1-2:30pm

North Beach Library, 850 Columbus

RSVP required.

Take a “hike” (walk) at beautiful Muir Woods with us!



Muir Woods, Thursday, June 6th, 10:30-1pm. (Drivers needed)

Meet at Tel Hi, 660 Lombard for a 10:25am pick up.

Please \$15. for entry, and if you want to help with parking (\$8), please bring a couple of bucks.

We will drive to Muir Woods, walk the flat boardwalk, learn more about these precious gems, have a light snack either at the café or bring something from home, and return to SF by 1

or so. Members only.

rsvp@nextvillagesf.org 415-888-2868



NEW COFFEE GROUP TO MEET AT ILLY'S COFFEE on Union St–

Every Wednesday, **anytime** between 10AM-11: 30 AM. **TIME CHANGE**

2055 Union Street @ Buchanan



JOIN in each Wednesday morning for coffee and conversation.

All the cool members who live near Illy, gather round, get to know each other, talk current events, or past events! Enjoy delicious coffee, comfortable seating, tasty pastries and nibbles, and a relatively quiet environment.

Everyone is welcome.

RSVP not required but appreciated rsvp@nextvilagesf.org 415-888-2868



Molly's Minute – The Volunteer Corner



Meet helper, Bunnie Quint:



L-R, Ada, Molly, Fran, and Bunnie Quint are all smiles; and Fran is good to go. We'll miss you, Fran!

This month, I'd like send a hug out to member, Fran Jacobson, and her sister, Ada Middleton. Ada came out from Florida last year to help Fran get ready to move back to live with her. It was a daunting task to consolidate, organize, and pack Fran's apartment of 30+ years. Fortunately, ace helper **Bunnie Quint** helps seniors with challenging projects like this. Fran and Ada very pleased with the results!

Our beloved Jonee Levy used Bunnie over the years to help with various tasks, and member Edith Wiggins introduced Bunnie to me after raving about using her for post-hospital meal preparation.

Bunnie is a fast worker and an all-around friendly, resourceful, and conscientious person. She's an expert organizer, clutter-buster, food preparer, problem solver, listener, etc. You name it, and she's probably helped someone with a similar situation. And, if she hasn't, she'll figure it out or refer you elsewhere. If you'd like to contact Bunnie when you're looking to hire help for a project that's too much to handle alone, you can reach her at bunniequi@gmail.com or (530) 318-1029.

Want to help out? In addition to **DRIVING**, next month's volunteer opportunities also include being a walking buddy for members who need to walk as therapy for their health, reminder phone calls for members without email, conversational calls and visits to members who don't get out as much anymore, and in-home computer

support. Please contact me if you'd like to be a NEXT Village Volunteer @ **Molly at (858) 245-5575, 8:30 am-5pm, M-F, or by email at: molly@nextvillagesf.org**. I really look forward to hearing from you!

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.

Activities in June – Please join us.

Drink & Draw



This class is open to anyone at any skill level.
Led by the lovely and talented Lucia Gonnella
Friday, June 7, 1-2:45pm
North Beach Library, 850 Columbus Avenue
Bring your watercolor supplies and fruit & vegetables to paint!
RSVP: rsvp@nextvillagesf.org 415-888-2868



LUNCH IS SERVED!

Wednesday, June 12, 11:30-12:30 or so.

Lunch with the Bunch!– The Presidio Transit Center

[Presidio Transit Center](#), 215 Lincoln Boulevard, Main Post
(415) 561-4435

TRANSIT is the essential casual eatery and market to fuel a day in the park. Offered by the Presidio Trust and Bay Area chef Traci Des Jardins, the restaurant features casual dining, food on the go, and everyday basics for visitors and commuters.

Located inside the Presidio Transit Center in the heart of the Presidio, TRANSIT is where Presidio employees, residents, and visitors come together. It is steps away from the hub of the [PresidiGo Shuttle](#), a free transportation system that connects the park to downtown San Francisco and that offers service to nearly 40 destinations within the Presidio.

TRANSIT is relaxed and welcoming, with indoor seating and an outdoor patio with views toward San Francisco Bay. Drop in for lunch enjoy grilled hamburgers, freshly made sandwiches, salads, and pizzas from the wood burning oven. Wine and beer are on tap. <https://www.presidio.gov/places/transit>
RSVP appreciated: rsvp@nextvillagesf.org 415-888-2868.

We recommend walking over to the Visitors Center in the Presidio before or after lunch. It's a beautiful new facility with incredible information about the Presidio, it has great books, and more!



Recommendation from a member: Great yoga classes at Tel-Hi

Tel Hi, 660 Lombard Street between Mason and Stockton.

Tel Hi's senior program sponsors excellent yoga classes, held in their gym on Tuesday from 11 to 12 noon, and Friday from 9:15 to 10:15 am. The classes are drop-in, no reservations needed, and cost \$5 each session but no one is turned away for lack of funds. The instructors are first rate and the classes are designed for older adults. In June, some classes will be moved to an alternate location nearby while the gym is used for summer camp for children. For further information on the June schedule and location, please email jcrane@f-sc.com.



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

Wednesday, June 19*, 6:00pm. Address given with RSVP. * Film is third Wednesday for June only.



The Seven Samurai — Japan Akira Kurosawa 1954 3 hr. 30

It is hard to believe that this film was made over 60 years ago and still remains one of the most remarkable and influential films in the history of cinema. It represented the first time a group of “heroes” fought together for a cause that offered no personal gain, except a roof over their heads and a bowl of rice every day.

The story takes place in 1586 during the Sengoku Period of Japanese history, the “Age of Warring States” (c. 1467 -c 1600), a time marked by social upheaval, political intrigue and near-constant military conflict. One consequence of the turmoil was that unattached samurai, or ronin, having no affiliation to a lord, were often forced to find whatever work they could to survive, sometimes even resorting to the banditry they combat in this film.

The film follows the story of a village of farmers that hires, with considerable trepidation, seven ronin to combat bandits who will return after the harvest to steal their crops—and often kidnap their women to be used as concubines.

As was the case for 18 years, Kurosawa used Takashi Shimura and Toshiro Mifune to play key roles, Shimura as the leader of the seven, Mifune as a villager with a past that makes him simultaneously envy and hate all ronin. Kambei (Shimura) is the first ronin the villagers find and he recruits the others, all with distinct personalities and all superb fighters in different ways. Kambei is a calm and commanding strategist who plans the village defense; Mifune's character, Kikuchiyo, is full of bluster and swagger, a clownish mockery of the samurai he envies and wants to be, but is forbidden to become by the rigid caste system that then dominated Japanese society. In fact, Mifune's violation of the caste system is not unique; romance blossoms between a villager's daughter and the youngest of the samurai and that also violates the system. Such violations became central to many of Kurosawa's films after “Seven Samurai,” evident in “The Bad Sleep Well,” and “High and Low,” and in other works.

Shimura and Mifune are poles apart but both are vital to the seven's efforts. Kurosawa, in fact, added Mifune's character after the original script had been sketched out, giving the actor the freedom to develop as undisciplined a character as he wished in order to balance the six more serious minded samurai. He is wildly boastful, comical and touching, sometimes all at the same time.

“Seven Samurai” interweaves quiet exchanges and furious, brilliantly filmed action sequences that are fluid and electric because they are not a series of cuts but single continuous shots, the cuts coming when they will have the greatest visual and emotional power. We are pulled along with them, white-knuckled and awed. That had never been seen before in a film. The climax was shot only after Kurosawa waited days for clear weather—driving his producers to distraction—then finally gave up and shot in a relentless February rainstorm a sequence he wanted to shoot in Spring sunlight, causing Mifune to say that he had never been so cold in his life.

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

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



NEXT Village's Monthly Writing Group- featuring Meg O'Shaughnessy – Open to everyone!

No meeting in June. Resumes July 8th.

North Beach Library, 850 Columbus Avenue

We are an informal, facilitated writing group that meets once a month for the sheer joy of getting to know ourselves and each other.

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



Cheers! Happy Hour

17, 4-6pm

welcome!

Café – 2161 Powell St @ Francisco



Monday, June

Everyone is

Francisco

RSVP not required: 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 12:45-1:45pm in Rm. 11

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

RSVP not required.

Thank you, Alex & Leslie for all that you do for this group. We appreciate you!



Death Café – Circle of Sharing – No Café in June. Returns July 16th

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

Tuesday, July 16, 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.

Disaster Kits and Shower grab bars.

Disaster Kits will be delivered by our friends at the SF Evening Rotary Club on Saturday, June 22nd between 1 and 3pm.

Members, please message us ASAP if you want one of these custom-designed disaster kits.

info@nextvillagesf.org or call us at 415-888-2868.



Reading Circle –

Wednesday, June 26, 4–5pm, Fior D'Italia. 2237 Mason

Here are some of the recommendations from the April Reading Circle:



I am Brian Wilson (Brian Wilson) [Recommended by Nancy]

They say there are no second acts in American lives, and third acts are almost unheard of. That's part of what makes Brian Wilson's story so astonishing.

As a cofounding member of the Beach Boys in the 1960s, Wilson created some of the most groundbreaking and timeless popular music ever recorded. With intricate harmonies, symphonic structures, and wide-eyed lyrics that explored life's most transcendent joys and deepest sorrows, songs like "In My Room," "God Only Knows," and "Good Vibrations" forever expanded the possibilities of pop songwriting. Derailed in the 1970s by mental illness, drug use, and the shifting fortunes of the band, Wilson came back again and again over the next few decades, surviving and finally thriving. Now, for the first time, he weighs in on the sources of his creative inspiration and on his struggles, the exhilarating highs and the debilitating lows.

The Proms (YouTube.com) [Recommended by John]

The Proms is an eight-week summer season of daily orchestral classical music concerts and other events held annually, predominantly in the Royal Albert Hall in central London. The Proms were founded in 1895, and are now organized and broadcast by the BBC.

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. What are you reading? If you can't attend but want to share you recommendations, please send them to us!

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



Technology Teach-in with Hope

Friday, June 21, 1-2:30pm

Technology Support - phones, i-Pads, tablets, email, etc.

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

Take a hike!

Walk and Talk on Saturday mornings! Meet at Caffe Sapore -790 Lombard Street for an 11am departure. Men are welcome, too! **No walk: June 22nd and June 29th.**

Take a walk **every Saturday** with other cool Village people.

NOTE: personal trainer, Martha Hughes, leads the 45-minute walk.

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.**



Bocce Ball every Wednesday from 3-5:30 at the North Beach Library courts.

Boules Sauvages, Bocce and Boules – call it what you will - The game anyone can enjoy. Everyone is welcome. No prior skills needed. Led by Rod Freebairn-Smith. Feel free to just show up and join the fun, wine, and light food. RSVP, or just show up! rsvp@nextvillagesf.org



LGBTQ News:

From Congresswoman Nancy Pelosi's weekly update:
Equal Protections for LGBTQ Americans



This week, House Democrats were proud to bring our nation [closer to its founding promise](#) of full equality for all by passing [H.R. 5, the Equality Act](#), to end discrimination against LGBTQ Americans.

The Equality Act extends the full [anti-discrimination](#) protections under federal civil rights laws to LGBTQ Americans. Sexual orientation and gender identity deserve full [civil rights protections](#) – not just in the workplace, but in every place: in education, housing, credit, jury service and public accommodation. No one should ever be forced to lose their jobs, their home or live in fear because of who they are or whom they love.

If you are an LGBT senior in northeast SF, please give us a call. We're happy to be of service and have you as a member!





在家中如何判断是不是要带老人就医，有一个老人抑郁短量表(Geriatric Depression Scale short-form, GDS-15)可以参考。

以下的问题是人们对一些事物的感受，答案没有对与不对。在过去一星期内，你是否曾有以下的感受。如有的话，请回答「是」，若无的话，请回答「否」。

1. 你基本上对自己的生活感到满意吗？
2. 你是否已放弃了很多以往的活动和嗜好？
3. 你是否觉得生活空虚？
4. 你是否常常感到烦闷？
5. 你是否很多时感到心情愉快呢？
6. 你是否害怕将会有不好的事情发生在你身上呢？
7. 你是否大部份时间感到快乐呢？
8. 你是否常常感到无助？
9. 你是否宁愿留在家里，而不出外做些有新意的事情？
10. 你是否觉得你比大多数人有多些记忆的问题呢？
11. 你认为现在活着是一件好事吗？
12. 你是否觉得自己现在一无是处呢？
13. 你是否感到精力充足？
14. 你是否觉得自己的处境无望？
15. 你觉得大部份人的境况比自己好吗？

总分

给予一分如以下题目「是」：2, 3, 4, 6, 8, 9, 10, 12, 14, 15

给予一分如以下题目「否」：1, 5, 7, 11, 13

得分越高显示受访者的抑郁状况越明显。



From the Director:



Robert Green, Katrina survivor, sharing memories of the hurricane and helping his community recover.

NEXT Village SF and Aquatic Park Senior Center teamed up in May to host part 1 of our Housing Options Workshops. City officials shared valuable information about how to enroll in the housing lottery, and how to apply for public and private low-income housing. Join us for Part 2 on June 20th.

Relating to housing, I took a little time off to visit New Orleans with 10 friends in May. While NOLA was a blast, the highlight was going to the Lower Ninth Ward -- a once-vibrant African American neighborhood that came to symbolize the tragedy of Hurricane Katrina and years of neglect and racism -- and meeting Robert Green. He and his family broke through their roof (without an axe!) to escape the rising waters. Eventually, their house lifted off its foundation and floated down the street. A big tree finally stopped their house from its impromptu float trip, but in the process, he lost his mother- who was in a wheelchair, and a 3 year-old granddaughter, when they slipped off the roof as the house was in motion. Tragedy upon tragedy.

Mr. Green has become a lightning rod and activist in reviving his community with unbounded positivity. He welcomes all. If you're ever down that way, stop in. (BTW, the photo of him, seen behind him, was named picture of the year, taken by a photographer at the Times-Picayune, which a week ago laid off its entire staff.) NEXT is trying to help bridge the gaps in knowledge about housing options, and we are grateful that hurricane recovery is not something we have to prepare for. But speaking of disasters, members, please sign up for your complimentary disaster kit – to be delivered on June 22.

That's it for now. I'll see you in June, and Around The Village.

Jacqueline

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



NEXT'ra – extra helpful information and news

The SF Department of Aging has a resource guide for all things Senior Services. You can call them directly at 415-355-3555 or get it online at:

<https://www.sfhsa.org/file/1891/download?token=JvJYRUjF>

You never know what support you might be able to access.

RENTAL RESOURCES:

- Mayor's Office of Housing and Community Development Below Market Rate (BMR) rentals and other affordable housing rental listings: www.housing.sfgov.org
- Chinatown Community Development Center (CCDC) 27 buildings providing housing to over 3,000 residents: www.chinatowncdc.org
- Shared housing: www.homematch.org www.silvernest.com

THREAT OF EVICTION OR A NOTICE FROM YOUR LANDLORD:

- San Francisco Tenants Union: www.sftu.org 415-282-6622
- Housing Rights Committee www.hrcsf.org 415-703-8644
- Eviction Defense Collaborative: www.evictiondefense.org 415-947-0797
- Conflict Intervention Services –www.sfbar.org/adr/cis.aspx 415-782-8980

Thinking about downsizing or moving?



Claudia Kraehe of Step By Step Downsizing in San Francisco is a certified member of NASMM (National Association of Senior Move Managers). She and other Senior Move Managers assist adults and their families in downsizing to remain in their current home, as well as in the entire process of moving to a new residence.

Senior Move Managers specialize in helping their clients with the emotional and physical aspects of sorting through a lifetime of memories in the transition process, while providing them with effective options and resources to increase efficiency and reduce stress.

Ms. Kraehe feels passionate about one tip she has for those thinking of downsizing (now appropriately termed “rightsizing” in the industry): Many people begin the process of downsizing/rightsizing when an external event has necessitated quick action. There are many advantages to acting before a medical or other event takes place. At the moment you have the thought in looking around your home that “Gee, one day I won’t be able to make it up these steps,” or “someday, I am going to tackle that closet,” consider setting time aside on a regular basis to make your space less cluttered, more manageable, and suited to your present and possible future needs. By doing so, it is likely that you will find meaning in the process, be less stressed, and save a substantial amount of money.

What if you are having trouble getting started? Consider asking a family member or a friend to help. Then too, a Senior Move Manager can be helpful not only with those ideal gradual efforts, but when the unexpected happens as well.

For more information, contact Claudia at: Step By Step

Downsizing[SEP]claudia@stepbystepdownsizing.com[SEP]stepbystepdownsizing.com[SEP](415) 640-0264



Cal-Fresh now available to SSI recipients! Sixty-seven percent of seniors are SSI recipients – so this is great news for them. SSI, is a federal benefit program administered by the Social Security Administration that provides safety-net financial support for people in need. You may qualify for monthly SSI payments if:

- you are 65 or older, blind or disabled;
- you are a U.S. citizen or lawful resident;
- and you have very limited income and financial resources.

The SSI standard for limited income, in 2019, is income of up to \$771 a month for an individual or \$1,157 a month for a couple. CalFresh is California's food stamps (SNAP) program. Apply to get up to \$192 a month per household member on an EBT card.

Will my SSI payments change? No, your current SSI payment amount will not change.

How much will I get? A county worker will determine your exact benefit amount by looking at your income and comparing it to your expenses. The more you can prove in expenses, like rent or medical expenses, the higher your benefit amount will be.

You will also be able to use these benefits at certain farmers markets. I'm working to make sure they eventually include North Beach Farmers Market and Ft. Mason's Farmers Market.

For more information, go to: <https://www.getcalfresh.org/en/ssi> 415-558-4700

NEXTVillageSF

At home, right where you are.

Post Office Box 330278
San Francisco, CA 9413

Your June newsletter is here!