

AROUND THE VILLAGE

August 2019

Halloween Party Planning is underway!

NEXT's famous Halloween Party is Sunday, October 27, at the Italian Athletic Club. Our theme this year is **Motown!**



NEXT Village San Francisco presents our super-fun annual Halloween Party Featuring **SHAKE** - performing a tribute to Motown, and: Fantastic costumes, and costume contest, hors d'oeuvres, CASH BAR, RAFFLE, and plenty of room to sing and dance along.

Grab some friends, join your neighbors, or come solo. It's a warm and welcoming scene. There will also be lots of seating- host your own table, or join a table-in-progress.

PS, We are looking for great raffle items... gift certificates, vacation destinations, airline tickets, etc. If you have anything to contribute, please let us know! Thank you.

Tickets, and new this year, Small Business Supporter sponsors are now available at:

<https://www.universe.com/halloweeninthevillage-motown-style>

[See you there!](#)

NEXTVillageSF

At home, right where you are.

Monthly Events Around the Village

Join us for these fun monthly activities!

New Event location: Coffee Klatch -

Wednesdays, 10-11:30am

Fueling Station, 2436 Polk St

Bocce Ball -

Wednesdays, 3pm

Joe DiMaggio Bocce Ball Courts, 651 Lombard Street.

Drink and Draw -

Friday, August 2, 1-2:45pm

North Beach Library (In the Community Room - upstairs/elevator), 850 Columbus Avenue.

Writing with Meg O - A unique approach!

Monday August 12, 1-2:45 pm

North Beach Library, 850 Columbus Avenue.

Lunch with The Bunch -

Wednesday, August 14, 11:30am-1pm

Perry's 1944 Union Street

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

Riffi

Wednesday, August 14, 6:00pm-9:30pm

Jane Winslow's home. RSVP for details.

Happy Hour -

Monday, August 19, 4-6 pm

Bella Cora - 565 Green Street

Death Café - Share your thoughts!

Tuesday, August 20, 1-2:45pm

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

Technology Teach-in - **New Teacher needed**

Friday, August 23, 1-2:30pm

North Beach Library, 850 Columbus Avenue
RSVP required.

Reading Circle- Calling all readers!

Books, Magazines, Journals

Wednesday, August 28, 4-5pm

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



NEXT launches new RSVP system.

With over 100 social, cultural, and educational events each year, and the City's requirement that we track numbers of attendees, we (mostly Molly) are drowning in data tasks. In order to help reduce that workload, we are asking members and guests to please RSVP using the link provided with each activity. Here are the steps:

1. Click on the link provided in the newsletter. It should take you directly to the event of your choice.
2. First time users will be asked to create a user name and password. This should be your email address and a password of your choice. We recommend you consider something easy to remember.
3. Following that step, you will be able to add your name to the registration list.
4. Feel free to search the calendar for other events you are interested in and register for them at the same time.
5. You can also review the calendar on our website, www.nextvillagesf.org, and use that calendar to access the registration link.

We're excited to announce that our website has a new, fresh look and features more helpful tools and content. Check us out at www.nextvillagesf.org Do your friends a favor and tell them about us by sending them the link!



NOTE: New August LOCATION - COFFEE GROUP TO NOW MEET AT Fueling Station, 2436 Polk St

We liked the Coffee Roastery but there were a few steps that made it not so accessible, so we are again! Every Wednesday, **join us anytime between 10am-11:30am.**



JOIN in each Wednesday morning for coffee and conversation at Fueling Station

All the cool members who live near gather round, get to know each other, talk current events, or past events! Enjoy delicious coffee, comfortable seating, tasty food, 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

Summer's flying by and we're having fun at NEXT Village SF! This year, we introduced our Coffee Klatch get-togethers and I invite you to drop by on Wednesdays, anytime between 10-11:30 to meet other NEXT Villagers, sip a cup of your favorite morning beverage, try a nibble, share in conversation, and get the day started with friends. Here's a shout-out to Brent L. and Lidia "Sparkle" C. for leading a Coffee Klatch last month at the Coffee Roastery when JZ and I were busy with other meetings! This month, we're going to try a spot called, **The Fueling Station, at 2436 Polk Street.** Owner Lillian and her crew make delicious Bahn mi sandwiches and offer other yummy sandwiches, avocado toast, muffins, etc. **Find us sitting at the big table in the back.** We look forward to seeing you one of these Wednesdays!



L-R) Lidia 'Sparkle' C., Nancy T., Michael L., Eva D., Brent L., Faina Z., and Joe P. starting their day off with friends and smiles

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, leading our Tech Teach-in sessions (1.5 hrs/mo at the N. Beach Library), providing in-home computer support, making reminder phone calls for members without email, or conversational calls and visits to members who don't get out as much anymore. 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 August – Please join us.

Drink & Draw



This class is open to anyone at any skill level. Normally led by the lovely and talented Lucia Gonnella, who fell while in Italy and fractured her femur! A substitute is being lined up, and if no substitute is available, we'll just paint freely together.

Friday, August 2, 1-2:45pm

North Beach Library, 850 Columbus Avenue

Bring your watercolor supplies and fruit & vegetables to paint!

RSVP: <https://nextsf.helpfulvillage.com/events/730> **415-888-2868.**

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

Try Meg's unique method for bringing your creativity forward.

Monday, August 12th (the second Monday of each month), 1-2:45pm.
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.



Healthy Brain Aging: Hosted by our friends at Aquatic Park:

RSVP to Frank Mitchell: fmitchell@sequoialiving.org or call 415-923-4485

Living Well, Aging Well Presents...

Rescheduled from July...



Healthy Brain Aging: What it is and How to Get it!

As we age, we face increased risk of memory and thinking problems. While the causes of many diseases of the aging brain are not fully understood, research shows more than ever that lifestyle may delay or even prevent memory and thinking problems as we get older.

Come hear Dr. Kaitlin Casaletto, an Assistant Professor of Neuropsychology from the University of California, San Francisco, discuss the latest evidence on the modifiable lifestyle activities you can do to support your aging brain.

Dr. Casaletto and her team will also present ongoing opportunities to participate in brain health research in San Francisco.

Bring questions, and don't miss out!

Tuesday, August 13

1:00pm - 2:00pm Room 11

Aquatic Park Center, 890 Beach St., San Francisco, Ca 94109

Please rsvp to fmitchell@sequoialiving.org or 415.923.4485, or sign-up at the Center

LUNCH IS SERVED!

Lunch with the Bunch!– Perry's

Wednesday, August 14, 11:30-12:30 or so.

1944 Union Street.

<https://www.perryssf.com/location/union-street/>

Happy 50th Birthday! Perry's is our choice for August's Lunch with the Bunch. Perry's, for nearly 50 years an institution on Union Street in San Francisco, is



known for its classic American food, its warm personable service and its bustling bar. Perry's signature dishes include traditional Cobb Salad, Tomato Bisque, a selection of Prime Steaks, and of course, the renowned Hamburger. Perry's also serves a fantastic weekend brunch, both Saturday and Sunday, with offerings such as Eggs Benedict, Corned Beef Hash, French Toast, and a variety of classic egg dishes.

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

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

Wednesday, August 14, 6:00pm. Address given with RSVP.

RSVP: <https://nextsf.helpfulvillage.com/events/760> 415-888-2868.

Rififi — (Black & White) France Jules Dassin 1955 2 hr s 26 min 8/14/19

After making such American noir classics as *Brute Force* and *The Naked City*, the blacklisted director Jules Dassin moved to Paris and directed his masterpiece: a twisting, turning tale of four ex-cons who plot a last glorious robbery in the City of Light. They are successful, at first, but run into the greedy and murderous figures of an underworld they are a part of and who want what they stole.

Set in the marginal world of Montmartre, with its nightclubs and desolate early morning streets, and shot on a budget of only \$200,000, it stars Jean Servais (Tony *le Stéphanois*, which means he came from the city of St. Étienne), a Belgian actor who had survived a battle with alcoholism that showed on his world-weary face. *Rififi* (which means in the argot of the times, violent brawl) was considered by Truffaut to be the perfect *film noir*, with a complicated heist by a gang of "specialists" as its centerpiece. Other films like it came earlier, *The Asphalt Jungle* (1950), which we showed in May, 2018, but *Rififi* was unique for two reasons: its near half-hour heist scene shot without dialogue or music; and Dassin's exploration of the nastier aspects of human behavior revealed by the underworld, where the chance for a big haul brings out the worst in the already hardened. Of course, some of the thieves make mistakes after the heist, unable to control their excitement at the success, and unwittingly help those who would do them in for the loot. (How closely the scenario parallels the world of banking and finance in *The Big Short*.)



Dassin, himself, plays the safecracker, Perlo Dita, Carl Möhner is Jo the Swede, Tony's close friend, and Magali Noël is Viviane the nightclub singer. There is considerable violence in the film but almost all of it is off-screen, the camera focusing on the perpetrator's face not the Tarantino-like blood and gore of the victim.

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



Cheers! Happy Hour

Monday, August 19, 4-6pm

Everyone is welcome!

New location: Bella Cora - 565 Green Street

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.

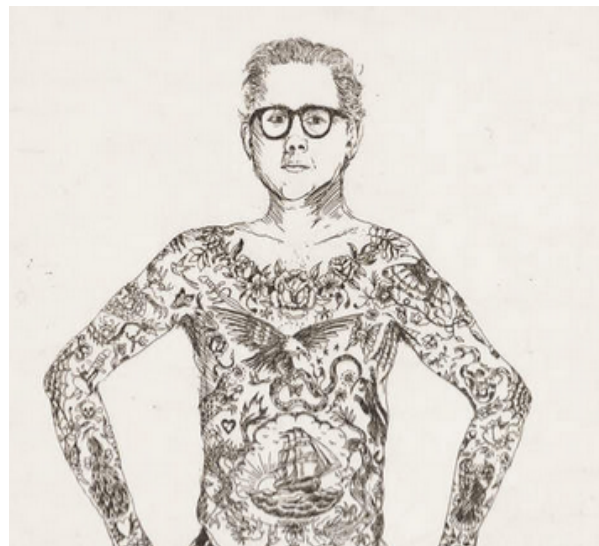
Thank you, Alex & Leslie for all that you do for this group. We appreciate you!



Museum Access Day! Monday, August 19th, 1:15 pm. DeYoung Museum

Ed Hardy: Deeper than Skin

In 1974 Hardy opened Realistic Tattoo in San Francisco, a private studio where he undertook unique tattoo commissions tailored to his clients' wishes and needs. A large selection of preparatory drawings developed for private clients will be shown, including back and chest pieces and full-body tattoos. By 1980 he had built an international reputation, and in 1986 decided to take a break from tattooing and return to drawing and painting in Honolulu, where he had moved. Hardy discovered then that he could utilize imagery that he had developed as a tattoo artist in compositions that were large and complex. Brushes and pens on paper and canvas presented a challenging departure from tightly controlled tattoo work. The process was nevertheless liberating, and during this time Hardy created a large body of work and exhibited frequently at galleries in San Francisco and Los Angeles.



Hardy returned to printmaking in 1992, and early etchings created at presses in Chicago and San Francisco reveal a simple style akin to the "flash" in his tattoo repertoire. Later prints—particularly those done with Mullowney Printing (Nara, Japan, and San Francisco), Shark's Ink (Boulder, Colorado), and Magnolia Editions (Oakland)—are larger, colorful, and more ebullient. Hardy describes them as a mix of "the grotesque, humorous, subtle, and flamboyant." A large group, representative of this period and selected from Hardy's 2017 gift to the Fine Arts Museums, will be included in the exhibition.

To honor the millennial year 2000, which was also the Year of the Dragon in the Chinese zodiac, Hardy completed a 500-foot-long scroll painting that includes images of 2,000 dragons. This exuberant, celebratory painting will be shown in its entirety in the exhibition.

Members only: RSVP. <https://nextsf.helpfulvillage.com/events/1033> 415-888-2868



Death Café – Circle of Sharing – August 20th

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

Tuesday, August 20, 1-2:45pm North Beach Library, 850 Columbus Avenue

Death Café's (<http://deathcafe.com/what/>) have been steadily gaining fans. At Death Café people, often strangers, gather to eat cake, drink tea and discuss death.

A Death Café 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.



Technology Teach-in

We are carrying on with Hope's Technology Teach-in's.

Friday, August 23, 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.



Reading Circle – Read what you like and tell us about it!

Wednesday, August 28, 4–5pm, Fior D'Italia. 2237 Mason

Here are some of the recommendations from a recent Reading Circle:



Book Recommendations

A Royal Duty (Paul Burrell) [Recommended by Nancy]

True story of shocking secrets, absolute power, and unlikely alliances written by the Butler to Princess Diana who she called her “rock”. He was the favorite footman who formed a unique relationship with the Queen and he was hand-chosen by the Princess of Wales. He became her ultimate confidante whom she described as “the only man I can trust.” He was accused of theft then acquitted following the historic intervention of the monarch. He has been able to separate the myth from the truth of the Diana years in this detailed personal account.

The Finnish Way: Finding Courage, Wellness, and Happiness Through the Power of Sisu (Katja Pantzar) [Read by Barbara]

Forget hygge- it's time to blow out the candles and get out into the world! Journalist Katja Pantzar did just that, taking the huge leap to move to the remote Nordic country of Finland. What she discovered there transformed her body, mind, and spirit. In this engaging and practical guide, she shows readers how to embrace the "keep it simple and sensible" daily practices that make Finns one of the happiest populations in the world, year after year.

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



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



SPECIAL EVENT:

Guided tour of the new Salesforce Tower! Thursday, August 29th, 11 am. 415 Mission Street

Bring your lunch and we'll dine at the TransBay Park afterward.

Thanks to our new friend, Charley Wedeen, who works at Salesforce, for the tour.

Members Only. Limit 10.

<https://nextsf.helpfulvillage.com/events/1036> or 415-888-2868. Volunteer drivers needed. We will assemble in the Salesforce Tower lobby at 10:45 which will give us time to register with security.



LGBTQ News:

LGBT Support Groups



Support group for LGBT dementia caregivers

4th Wednesday, 6-7:30 p.m.

Openhouse Community Room

65 Laguna St. (near Market), San Francisco

Info: Ariel Mellinger is: ariel@openhouse-sf.org, 415.503.4180

Online Class: Basics of Alzheimer's and Dementia for LGBT Care Partners

Alzheimer's disease and related dementias are not a normal part of aging. [This webinar](#) provides an overview of dementia, and LGBT caregiving concerns.

AlzConnected Online Community: LGBT Community Allies Forum

[AlzConnected](#) members can connect and communicate with people who understand their unique challenges. Members can pose questions to the community, create public and private groups organized around a dedicated topic, and contribute to message boards.

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!



“老年斑”到底是什么？如何消除？

人老了，皮肤上难免留下岁月的积淀和时间的痕迹。

“老年斑”到底是什么？可以消除么？

什么是老年斑？

其实老年斑的学名叫做：脂溢性角化病。

老年斑是一种临床最常见的良性皮肤肿瘤，好发于中老年人，是因为角质形成细胞增生所致的表皮良性增生。常见于面头部、背部及手背等部位。

如何去除？

老年斑一般不需要治疗，如果为了美观需要治疗的话，比如脸上有一大块。可采用二氧化碳激光、液氮冷冻、铒激光、刮术或手术切除。但是要知道不论哪种取出方式都有可能会留疤，尤其是疤痕体质的人，去除老年斑的瘢痕比老年斑还要难看。

老年斑和晒太阳有关么？

不是所有的老年斑都和晒太阳有关，也就是说不是你不晒太阳就不会有老年斑了。

日晒密切相关的是日光性角化病，多见于中年以上男性，主要发生于暴光部位。如果看到微微隆起的黑色斑块周围还有一圈淡淡的红晕，那有可能是日光性角化，这种病人有一部分会发展成皮肤癌，需要及早治疗。首先避免日晒，更不能反复抓。如果发现颜色变深、触碰时有疼痛感、经常有破溃，需要立即就医！

From the Director:

UPDATE FROM THE BOARD OF SUPERVISORS:

NEXT would like to thank Supervisors Stefani and Peskin, plus their staff, for their support during the 2019-2020 Budget Process. Both directed funds towards services that serve seniors in District 2 and 3. They've got our back! We will now enter the next phase of the process...working with the Department of Aging to see if we can get those funds directed to NEXT Village. We will keep you posted. In the meantime, please feel free to give them a shout to say 'thanks'. We can't do this without their support.

LET'S HEAR IT FOR VOLUNTEERS!

NEXT and our volunteers have provided almost 1,100 hours of direct support to our members this past year. Truly remarkable! Our thanks to Molly for managing the service requests and volunteer effort. Together, we've got this aging independently thing!

OUT OF OFFICE



I'll be away from the office the week of August 5-12 for the festivities, family, and fun that will be part of my oldest daughter, Kasey's wedding. I love weddings because I like the idea of building bigger and bigger tribes – bigger communities give me hope that if and when the world goes to heck in a handbasket, we'll be in good company. Another good reason to join a Village!

I hope that Summer is going like gangbusters for you, too!

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

Jacqueline

jjones@nextvillagesf.org

415-888-2868

www.nextvillagesf.org

www.nextvillagesf.org

NEXT'ra:

FREE ADMISSION TO ART MUSEUMS:

The San Francisco Human Services Agency wants you to know about an exciting new program recently [announced by Mayor London Breed](#) *for residents that receive public benefits.*

The San Francisco Museums for All program provides residents participating in public benefit programs free entry to experience art and educational enrichment at over 15 local museums and cultural centers. From June 1 to September 2, presenting an Electronic Benefit Transfer (EBT) card or Medi-Cal card and proof of San Francisco residency provides free admission for up to four individuals.

More information can be found at sfmuseumsforall.org, including a [link to download flyers](#) translated in English, Spanish, and Chinese.

REJOICE! THANKS TO VOTERS LIKE YOU, STARTING AUGUST 2019, EVERY TENANT IN SAN FRANCISCO NOW HAS A RIGHT TO A FREE, FULL SCOPE ATTORNEY IF THEY FACE EVICTION.

Thanks to Proposition F, which passed in June of 2018, San Francisco will be the second city in the country after New York to provide a right to counsel for renters. Dean Preston, who is now a [candidate for Supervisor](#) in District 5, drafted, funded, and got passed this historic measure with the help of hundreds of volunteers and tenants rights groups – including ours! Previously, he was the director of the first statewide tenants organization, Tenants Together.

The Right to Counsel will be a game changer in protecting tenants from eviction. In our expensive city, for many tenants, eviction means banishment or even homelessness. Unscrupulous landlord attorneys commonly serve unofficial or multiple eviction notices on tenants who have no recourse unless they paid out of pocket to fight fraudulent charges, which can reach tens of thousands of dollars. Now tenants will be able to fight their evictions with the help of a full-scope tenant attorney. New York City passed a Right to Counsel program and the results have been incredible: eviction rates there dropped by almost 50 percent.

This program does not apply to evictions conducted by a roommate or owner who lives in the unit. For other disputes with your landlord, such as repairs or passthrough of costs, you should still utilize our drop-in counseling clinic. As always, time is of the essence to respond to issues. Seek help as soon as you get a notice and we can help you navigate it. You can be displaced even by fraudulent evictions because you wait too long to respond.

Contact DAAS at 415-355-3555 for more information.

NEXTVillageSF

At home, right where you are.

Post Office Box 330278
San Francisco, CA 9413

Your **August** newsletter is here!