AROUND THE VILLAGE OCTOBER 2019

NEXT's famous Halloween Party is Sunday. October 27, at the Italian Athletic Club. Our theme this year is Motown! DON'T MISS IT!



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.

We are having great raffle and our first ever online auction. Look for more info and a link to the auction on page 2. 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/halloweeninthevillagemotown-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, October 4th 1-2:45pm

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

Writing with Meg O - A unique approach!

Monday October 7, 1-2:45 pm (Holiday Schedule)
North Beach Library, 850 Columbus Avenue.

Lunch with The Bunch -

Wednesday, October 9th, 11:30am-1pm Perry's 1944 Union Street

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

Ran — Japan Akira Kurosawa Wednesday, October 9, 6:00pm-9:30pm Jane Winslow's home. RSVP for details.

Happy Hour -

Monday, October 16, 4-6 pm Bella Cora - 565 Green Street

Death Café - Share your thoughts!

Tuesday, October 21, 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, October 25, 4-5pm

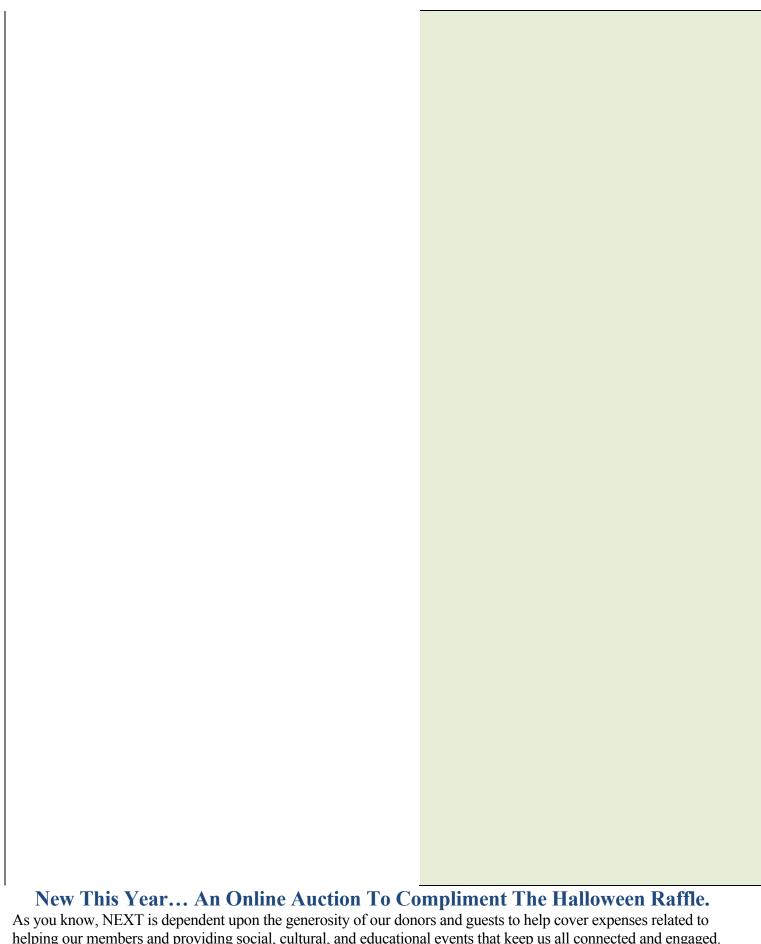
Fior D'Italia, in the San Remo Hotel, 2237 Mason

Technology Teach-in - with Harrison

Friday, October 23, 1-2:30pm

North Beach Library, 850 Columbus Avenue

RSVP required.



helping our members and providing social, cultural, and educational events that keep us all connected and engaged.

There are some pretty sweet items available at , www.donor.... Have a look, bid early, and bid often. You can also pass the link on to your friends – anyone can participate. Our thanks to our donors for their support. Here is a list of some of the great gifts.



Molly's Minute - The Volunteer Corner

Jacqueline and I received the nicest message from Ace volunteer, Bob Morrill. It warmed our little hearts so much that we just have to share it with you.

Dear JZ and Molly,

I would like to thank you for all that you do for NEXT Village and express my gratitude for the existence of this wonderful organization. I haven't had the need to call on NEXT for services – that time will come, I am sure – but I have really enjoyed helping other NEXT members in such things as transportation, organizing financial affairs, and moving. In doing this, NEXT has given me a great way to connect with my community, and I love the sense of accomplishment which I get after helping someone out.

NEXT Village's social activities – Halloween Party, Spring Fling, Bocce Ball, meetings at cafe's Sid's Salon, etc. – are also a real plus and fill a huge need. These events are very well-designed for those of my 70's and 80's set, and really help us stay connected and out of the homebound rut that is all too easy to fall into. So, thanks again for your fantastic work and for this wonderful organization,

All the best, Bob

Thank you, Bob – We feel the same about you and Mia!

As always, looking for drivers and friendly people to walk and visit with members. Members, please contact Molly 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.



NEXT VILLAGE SCALES SALESFORCE:

Thanks to new friend, Charley Weeden and his spouse, Kevin, NEXT'ers were treated to a tour of the sky from the 61st floor of the new Salesforce Tower.

Once there, we were treated to a delicious coffee drink and snacks prepared on site, as well as views of the skyline and The Bay.

Following the tour, we moved the party over to the new TransBay Terminal park. It was a lovely spot for lunch and a look at the extensive plants and flowers.

Charley has graciously agreed to host again and we'll let you know once that is scheduled. Members, let us know if you want to be informed when that date comes! Priority will be given to members who signed up for the first date that was canceled.







ACTIVITIES IN OCTOBER - PLEASE JOIN US.

Weekly COFFFEE KLATCH



Everyone is welcome.

Every Wednesday, join us anytime between 10am-11:30am.

JOIN in each Wednesday morning for coffee and conversation at Fueling Station – 2436 Polk Street.

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.

RSVP not required, but appreciated https://nextsf.helpfulvillage.com/events/1073 415-888-2868.



Drink & Draw

This class is open to anyone at any skill level.

led by the lovely and talented Lucia Gonnella Friday, October 4, 1-2:45pm

North Beach Library, 850 Columbus Avenue

Bring your watercolor supplies and fruit & vegetables to paint!

RSVP: https://nextsf.helpfulvillage.com/events/732

415-888-2868.

FYI, our next access day at the Legion of Honor featuring James Tissot, is Monday, November 4, 2019 – 1:15 pm

https://legionofhonor.famsf.org/exhibitions/james-tissot-fashion-faith

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



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

Monday, October 7th, 1-2:45pm. And November 4th due to holiday schedule at the library. Please make a note of it.

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: https://nextsf.helpfulvillage.com/events/1105-next-village's-monthly-writing-group-featuring-meg-o'shaughnessy 415-888-2868.



LUNCH IS SERVED!

Lunch with the Bunch!— Pacific Catch

Wednesday, October 9, 11:30-12:30 or so.

2027 Chestnut

https://pacificcatch.com/locations/sf-chestnut-st/

RSVP: https://nextsf.helpfulvillage.com/events/750

415-888-2868.



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

Wednesday, October 9, 6:00pm. Address given with RSVP.

RSVP: https://nextsf.helpfulvillage.com/events/762-sid's-salon-

Ran — Japan Akira Kurosawa 1985 2 hr 42 min 9/11/19

In Medieval Japan, an elderly, battle hardened warlord, Lord Hidetora Ichimonji, retires, designating his eldest son, Taro, as the primary heir and the second (Jiro) and third sons as number one son's allies and supporters. All three sons are asked to profess their gratitude and their love for their father, but the third son (Saburo) never lets his father get very far in describing this

arrangement. Instead, he expresses sardonic dismay that a man who has lived a life of horrific violence in acquire



power could imagine that his three sons would not resort to similar violence against each other—and against their father—to become the sole inheritor of the lord's power. For Saburo's brash and mocking remarks about his father's naïveté, his father banishes him for life. The tale is based on *King Lear*, of course, but also on a similar Japanese legend. The consequences of Hidetora's decision, in Japan as in Shakespeare's England, are disastrous, both for the Lord's sons and for himself.

The cast, led by the astonishing performance of Tatsuya Nakadai as Lord Hidetori Ichimonji and Kyoami as the fool and jester, is superb, giving power and subtlety to the quieter chamber scenes between players in this drama who often hate each other and wait for the chance for vengeance. But it is the 75- year-old Kurosawa, who spent years planning *Ran's* every shot without much hope that it would ever be made, that gives this film its epic greatness, alternating those quiet scenes with remarkable battle scenes filled with careening horses, flying pennants, and the all-important and relatively new muskets. The final scene brings all of it together in the most heartbreaking way, the great lord, as in *Lear*, realizing what his fool and his youngest son have tried and failed to tell him about his own flaws and life are tragically true.

RSVP: https://nextsf.helpfulvillage.com/events/762-sid's-salon-

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





Friday, October 11, 1-2:30pm North Beach Library 850 Columbus.



According to a 2016 AARP study on caregiving and technology, 71% of caregivers are interested in using technology to support their caregiving tasks, yet only 7% have used it.

As the population of elders in the U.S. grows, so too does new technology developed to assist them. Yet, few seniors and caregivers fully embrace technology solutions that could improve their lives. This may be due to lack of knowledge, frustration as to where to start, or belief that devices and services are too difficult or expensive to utilize.

SeniorFusion was established to bridge this gap. Its goals are to:

Improve elders' health and wellness through increased adoption of technology products and services, e.g. fall prevention, social interaction and home safety/automation, and enable seniors to age in place and maintain independence by creating a safe and healthy environment, thereby lightening the load on family caregivers.

- As a trusted source, SeniorFusion actively:
 - Brings innovative technologies to seniors, their families and caregivers so they can see, touch and experience solutions in comfortable and familiar settings.
- Partners with communities, in-home care and healthcare providers to help select, integrate and offer the best technologies for their members
- Creates opportunities for elders to provide input on product design as early adopters or through pilot projects
- Increases economic value by reducing barriers to adoption, decreasing in-home care costs and avoiding expensive acute care and hospital re-admissions

SeniorFusion is an initiative of the **American Medical Women's Association**, a national not-for-profit organization that advances women in medicine and improves women's health.

SeniorFusion Contacts: Carla Din, CEO & Co-founder Cell: (+1) 510.717.2966 Email: carla@seniorfusion.org Doug Mosher, CTO & Co-founder Cell: 415.297.7457 doug@seniorfusion.org



Medicare and related health insurance education and counseling.

October 17th, 1:30-3pm. North Beach Library Community Room. 850 Columbus Ave

Medicare's Fall Open Enrollment is here! Officially known as the Annual Election



Period which runs from October 15 through December 7, this is main time when you can change your coverage. All changes are effective January 1 next year. If you are in a Medicare Advantage plan, you can switch plans or disenroll and return to Original Medicare. Similarly, if you're in Original Medicare and would like to join an MA plan, you can. You can also join, disenroll from or switch Medicare Part D prescription drug plans.

Each year, Medicare health plans and Part D prescription drug plans can change their premiums, deductibles, cost-sharing and some benefits, or discontinue their coverage altogether. Therefore, it's good to be aware of how your plan may change, and prepare accordingly. Some helpful preparation tips include:

Hear an overview on Medicare, Medicare options, Prescription plans, how Open Enrollment works, and some examples about Medicare fraud and scams. Learn how to access one-on-one counseling as we enter Open Enrollment (when you can change your plan)

Hosted by NEXT Village SF, our speaker is from HICAP - an unbiased state and federal Health Insurance Counseling and Advocacy Program. Program hosted by Self-Help For the Elderly

https://nextsf.helpfulvillage.com/events/1084-medicare-counseling-hicap-



Coming November 7, Property Tax 101 & How to lower your property taxes.

Property Tax 101 for Seniors is a free educational workshop for senior homeowners on property tax savings opportunities. At the workshop, the Office of Assessor Carmen Chu will teach you how your property taxes are calculated and share tax savings that you may be eligible for as a homeowner in California, particularly if you are planning to pass your property on to your loved ones.



Cheers! Happy Hour

Monday, October 21, 4-6pm

Everyone is welcome!

New location: Bella Cora - 565 Green Street

RSVP not required: https://nextsf.helpfulvillage.com/events/774-cheers!-next-happy-hour!!!

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 — Tuesday, October 8, 1-2:45pm North Beach Library, 850 Columbus Avenue DATE CHANGED FOR THIS MONTH ONLY

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?

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.

https://nextsf.helpfulvillage.com/events/788-death-cafe-circle-of-sharing



Technology Teach-in

We are carrying on with Hope's Technology Teach-in's. Featuring new volunteer, Harrison Ravazzolo!



Welcome, Harrison Ravazzolo. Take your tech questions to him!

Friday, October 25, 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.

https://nextsf.helpfulvillage.com/events/1106-technology-teach-in or 415-888-2868.



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

Wednesday, October 23, 4–5pm, Fior D'Italia. 2237 Mason

Here is a recommendation from a recent Reading Circle:

Papa Hemingway: A **Personal Memoir** (AE Hotchner) [Recommended by Jennifer]



In 1948, A. E. Hotchner went to Cuba to ask Ernest Hemingway to write an article on "The Future of Literature" for *Cosmopolitan* magazine. The article never materialized, but from that first meeting at the El Floridita bar in Havana until Hemingway's death in 1961, Hotchner and the Nobel and Pulitzer Prize—winning author developed a deep and abiding friendship. They caroused in New York City and Rome, ran with the bulls in Pamplona, hunted in Idaho, and fished the waters off Cuba. Thankfully, Hotchner took it all down. *Papa Hemingway* provides fascinating details about Hemingway's daily routine, including documentation of his encounters with many of the twentieth century's most notable artists and celebrities. In the literary icon's final years, as his poor health began to affect his work, Hotchner tenderly and honestly portrays Hemingway's valiant attempts to beat back the depression that would lead him to take his own life.

RSVP requested but not required: https://nextsf.helpfulvillage.com/events/800 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. No RSVP required. Just drop by!





LGBTO News: Mayor Breed Proposes New SAFE Navigation Center in the Bayview

Mayor London Breed, along with Supervisor Shamann Walton, on July 29 proposed building a new SAFE (Shelter and Access for Everyone) Navigation Center in the Bayview to serve people experiencing homelessness. The proposed SAFE Navigation Center is part of her efforts to open 1,000 new shelter beds by the end of 2020. San Francisco District 10, which includes the Bayview, has an especially urgent need for additional shelter beds. The 2019 Point-in-Time Count found 1,889 people experiencing homelessness in District 10, and only 455 emergency shelter beds.

The SAFE Navigation Center would provide approximately 200 beds for people experiencing homelessness and would include dormitories, offices and community space, along with laundry facilities, and medical and social services. The Center would replace the 125 overnight mats currently offered at Providence Church with beds, and would add 75 new beds.

"We have to continue to move quickly to build more shelters and housing throughout our City because there are too many people suffering on our streets," Mayor Breed said. "We especially need more shelters in neighborhoods like the Bayview where there aren't currently enough resources to serve the people who need them. This SAFE Navigation Center will be a place where people can get the help they need to exit homelessness."

Community Health Status Assessment data concerning the Bayview-Hunters Point neighborhood reveals that HIV/AIDS is one of the top causes of premature male death, with violence/assault and drug use disorders also being on the list. Homeless individuals can be more susceptible to HIV/AIDS and other health problems, as well as becoming victims of crime, given their inherent lack of resources and protection, along with other factors. As *San Francisco Bay Times* columnist Andrea Shorter reports in this issue, LGBTQ youth make up about half of the unsheltered youth population in San Francisco.

In terms of the proposed new navigation center, an advisory committee consisting of local residents, merchants, faith leaders and advocates is working with the City on the project. The Department of Homelessness and Supportive Housing (HSH).



NEXT Village thanks our Halloween Party Fiscal Sponsors:

- **Lighthouse Public Affairs**: Lighthouse is the preeminent public affairs consultancy in the San Francisco Bay Area. With offices in San Francisco, Sacramento, Oakland, Palo Alto and San Rafael, a team comprised of seasoned professionals from a multitude of disciplines, and a roster of industry-leading clients, Lighthouse is uniquely positioned to manage the most complex regulatory, community, governmental and communications challenges in the nation's most dynamic region. lh-pa.com
- **ListenLively** Hearing aids with rich, 360 sound. https://www.listenlively.com/
- **Cahill Contractors** Cahill Contractors has been building with quality and integrity for over 100 years. We specialize in residential, civic, healthcare, education, and commercial construction in the San Francisco Bay Area. http://cahill-sf.com
- Paul and Gail Switzer
- Ianet Crane & Rod Freebairn-Smith
- Kim Ritchev
- **Helen Doyle** Certified Financial Planner Board of Standards, CFP® Certificant Principled Solutions hdoyle@principledsolutions.com

- LPL Financials the nation's leading independent broker-dealer https://www.lpl.com
- **North Beach Neighbors** Building community and improving quality of life at San Francisco's historic crossroads https://www.northbeachneighbors.org/
- Barbary Coast Neighborhood Association: BCNA serves the residents, businesses, and friends of
 those located in the <u>Barbary Coast</u>, the historic, pie-shaped slice of northeast San Francisco
 running along the Embarcadero from Bay Street to Clay Street. We hope you'll <u>join us!</u>
 https://www.bcnasf.org/

Thank you to our generous Raffle Sponsors: Toasty Bell Tower Go-Go Grandparent Lucia Gonnella Art

THANKS, LISTEN LIVELY, MAJOR DONOR, FOR YOUR SUPPORT OF OUR 5^{TH} ANNUAL HALLOWEEN PARTY!



Hear yee, Hear yee!

We all want to hear better, and Listen Lively has powerful, discreet hearing aids that provide rich, 360 sound that you can adjust with an app on your phone.

Experts agree that taking care of your hearing health is an important way to keep your mind sharp and your social life vibrant.

ListenLively.com offers the best way for people with hearing loss to get bluetooth-enabled, discreet, and powerful hearing aids without traveling to a brick-and-mortar office- and for a very

affordable price: \$1,650 per pair!

Lively's team can guide you through everything you need to know and do to get your hearing aids delivered to your home.

NEXT'ers, please visit ListenLively.com or call their friendly team at (800) 854-2772 to get started today!

P.S. If you reference NEXT Village, you'll automatically qualify for a special discount. https://www.listenlively.com/



老年人应该吃什么保健品?

相信很多家中有老人的都有个困扰:老人深迷各种保健品,并让子女们很担忧及排斥保健品。

其实中老年人是最需要补充营养的人群,随着年龄的增长,身体内部的各个方面机能下降,会出现很多问题,只要合理并有针对性的服用是可以帮助中 老年抵抗外来疾病,以及维持和提升自身的身体健康。

注意,保健品不是医药品!更不可代替为药品,请勿用于诊断或治疗任何疾 病。

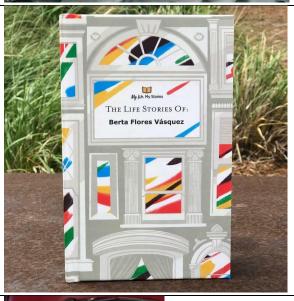
保健品是属于辅助性调节身体营养的帮助,每人每天所需营养各有不同,年轻人饮食平衡的话不需要太多保健品,但老人饮食单一、或饮食忌口与不便,还是需要些保健品帮忙调养身体.但需要针对性为老人选择更适合的保健品。有特殊病症治疗以及饮食忌口者需要咨询医师建议后再选择适合自己的保健产品.

最后祝大家家中老人身体健康,万事顺心顺意哦~



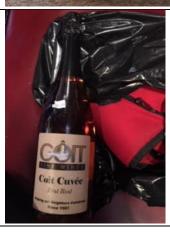


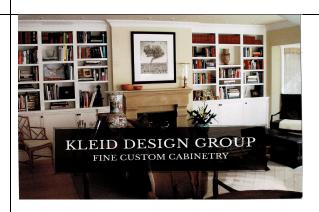


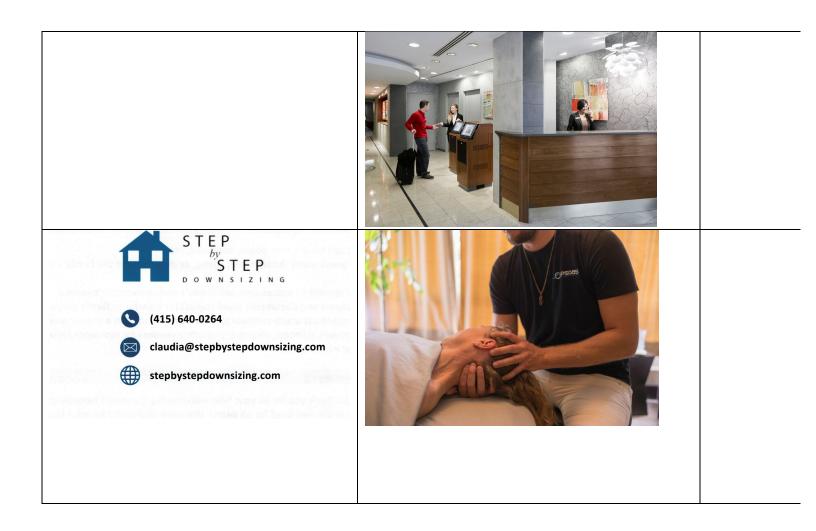












Check out these awesome auction items! Get your bidding fingers ready!

From the Director:



Governor Newsom created a task force aimed at better preparing California for the massive number of seniors that are here now and coming up through the ranks. I am grateful that I was able to spend quality time with family during my daughter's wedding in August. I had a house full of relatives and friends and we kept everyone hopping with pre-wedding activities and sight-seeing in beautiful Oregon. The wedding was simple and lovely, and Kasey's father and I are so happy that the two lovebirds had the wedding that they wanted.

Fall is on its way, and with it brings our 5th annual Halloween Party. We look forward to seeing all of you and your costume (optional, but awesome if you do). We plan to offer more donated items at our raffle, so if you have anything

of value, be it a service, a trip, airline miles, a get-away, we would welcome that.

We are awaiting a meeting with the Department of Aging and Adult Services about future add-back funding from the Board of Supervisors. Before that meeting could be scheduled, we had to undergo a final annual review by the Department. We had to demonstrate that we had met the service objectives and outcomes as L-R, daughter Jasmine, the bride, outlined in our contract. That required us to provide them with numerous reports from our database proving that we had served our membership as we said we would. Not only did we meet our goals and objectives, thanks to our volunteers, we exceeded them. If we had been able to include the number of services we provided to our subsidized members, our numbers would have been through the roof. We will keep you apprised of the process.

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

Jacqueline

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

NEXT'ra: Extra helpful information:

SAN FRANCISCO FINANCIAL PLANNING DAY – A SAFE PLACE TO GET FINANCIAL ADVICE

Save the date – Saturday, October 26th 2019. 9am-3pm. SF Main Public Library, 100 Larkin Street

CFP professionals are volunteering to offer free, one-on-one counseling and financial workshops throughout the day. Spanish and cninese language planners will be available.

Sign up and find other events at www.BayAreaFinancialPlanningDays.org

Check out this Great PBS program on Dementia –(Thanks to NEXT member, Brent Leonard)

http://www.secondopinion-tv.org/episode/dementia

Percentages of people who have some form of dementia (but only about half of them have Alzheimer's disease):

- Less than 2 % of people age 65-69
- About 5 % of people age 75-79
- About 20 % of people age 85-89
- About 33% (one third) of people over 90

It is estimated that about 4.5 million Americans have Alzheimer's disease. This includes:

- About 5 % of people over 65
- About 20 % of people over 80
- About 30 % of people over 90

[&]quot;Aging is often accompanied by some mild loss of memory for words and names, some slowing down of mental processes, and some trouble focusing attention. But true dementia - an obvious decline in mental ability, including confusion, more than mild memory loss, and personality change - is not an inevitable part of aging. For example, occasionally forgetting where you put the keys is not a sign of dementia; putting the keys in the refrigerator may be. "

IT'S THE END OF OVERDUE LIBRARY FINES! HOORAY!

We have an exciting announcement to share with you. Effective today, September 16, 2019, San Francisco Public Library has **eliminated overdue fines for all Library patrons**. This move ensures that our public library is living up to its commitment to provide free and equal access to information, knowledge, independent learning and the joys of reading for our diverse community.

Also effective today, all outstanding overdue fines will be cleared from all patron records. No exceptions, no questions. You are fabulously fine free.

Any items checked out starting today that are eligible for renewal will be automatically renewed for you. For more information on the auto renewal process, visit *sfpl.org/autorenew*.

The Library still encourages patrons to return books in a responsible and timely fashion to the Library so others may enjoy our shared resources. For more information about how the Library is supporting this new initiative, visit *sfpl.org/finefree*.



Post Office Box 330278 San Francisco, CA 9413

