

## AROUND THE VILLAGE

### January 2020 - Happy New Year!

**Thank you, Russian Hill Neighbors, for supporting our 5<sup>th</sup> Annual Halloween Party! We appreciate you!**

### STANFORD SCIENTISTS LINK DISTINCT POINTS OF AGING TO THREE SPECIFIC YEARS.

Researchers with Stanford University have published a study revealing that physical aging is not a smooth process, but rather something that happens in what they describe as a 'herky-jerky trajectory.' Using blood tests to look at specific proteins, the researchers found that human aging involves three distinct turning points, the first starting in one's mid-thirties.

READ: [Three studies link optimism with healthy aging and living longer](#)

Proteins in the blood can provide clues about a person's health and, according to the new study, show changes that allow researchers to estimate a person's age. The study found that the levels of many proteins in the blood change with age — something that may cause, rather than just reference, the process of physically aging.

The study involved blood plasma from more than 4,200 people ages 18 through 95. Based on their analysis of protein changes, the researchers found that humans experience multiple 'distinct times' when protein levels experience pronounced 'changes in abundance,' something found to happen at around the ages of 34, 60, and 78 years.

Using a formula based around these proteins, the researchers say they can estimate someone's age with an accuracy of within a three-year range. The times when the formula failed by estimating someone as younger than they were pointed toward the presence of particularly remarkable health. As well, the researchers found that a significant number of proteins showed changes that differed based on sex.

The findings 'strongly support' that men and women age differently, underscoring the need to include women in clinical trials and to note participants' biological sex as a factor in research.

The researchers explain that in the future, looking at protein levels in blood may be able to reveal when a person is aging much faster than expected, helping doctors intervene in the potential development of health issues like dementia. As well, the findings may help experts develop new ways to slow down aging.

# NEXTVillageSF

At home, right where you are.

**Join the fun!**

**NEW – Beginning January 2<sup>nd</sup>.**

### YOGA – CHAIR OR MAT, WITH BASCIA

Every Thursday, 1pm -2 pm. See inside for more info.  
North Beach Library, 850 Columbus Avenue

### Bocce Ball – Led by Rod Freebairn-Smith

Every Wednesday, 3pm

Joe DiMaggio Bocce Ball Courts, 651 Lombard

### DRINK AND DRAW – Led by Lucia Gonnella

Friday, January 3rd 1-2:45pm

North Beach Library, 850 Columbus Avenue.

### WRITING WORKSHOP with Jackie Hewitt

Monday January 13, 1-2:45 pm

North Beach Library, 850 Columbus Avenue.

### LUNCH WITH THE BUNCH –

Wednesday, January 8th, 11:30am-1pm

Boudin's 160 Jefferson Street, Lower Level

### SID'S SALON! Sid keeps the classic films coming!

God's Country, France, Louis Malle

1985 Wednesday, January 8, 6:00pm-9:30pm

Jane Winslow's home. RSVP for details.

### HAPPY HOUR –

Monday, January 13, 4-6 pm

Ti Piacera

### DEATH CAFÉ –with Sue Truth Irwin

Tuesday, January 21st, 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, January 22, 4-5pm

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

### TECHNOLOGY TEACH-IN – with Harrison

Friday, January 24, 1-2:30pm

North Beach Library, 850 Columbus Avenue

RSVP required.

For more information, contact us at

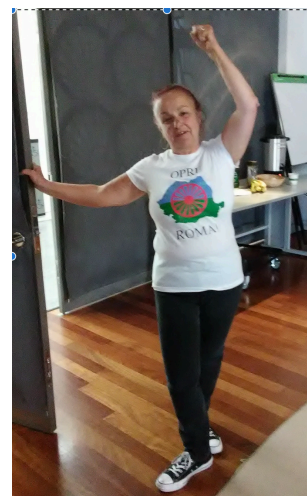
[info@nextvillagesf.org](mailto:info@nextvillagesf.org) 415-888-2868

**NEW in January! Chair or Mat Yoga with Bascia,**  
**every Thursday, 1-2pm (Jan. 2, 9, 16, 23, 30)**  
**North Beach Library**  
**NO Experience necessary!**



Yoga can help you improve your flexibility and balance, calm your mind, and help you feel more energetic.

Come as you are, bring a mat if you like, and enjoy a gentle yoga class, tailored to older adults, and led by certified instructor, Bascia Lassus.



**Bascia striking a pose!**

We will co-host this class with our friends at the North Beach Library for three months. If there's good attendance, we will keep this as a regular event.

**Events at the Marina Library in January - 1890 Chestnut Street**

NEXT will host events at the Marina library the second and fourth Wednesdays of each month. Please join us, even if you don't live in The Marina, and tell your friends who do!

Wednesday, January 8<sup>th</sup> , 1:15-2:45pm **HOW TO LOWER YOUR PROPERTY TAXES.** Presented by the SF City Assessor's office. <https://nextsf.helpfulvillage.com/events/1221>

Wednesday, January 22, 1:15-2:45pm, **RIGHTSIZING YOUR HOME** (Downsizing, Decluttering). Presented by Claudia Kraehe. <https://nextsf.helpfulvillage.com/events/1167>

**Molly's Minute – The Volunteer Corner Molly's Minute – The Volunteer Corner**

**Volunteer message of the month:**



**Sam W and Helga taking a nice break during a one of their weekly walks.**

"I love volunteering because I make lovely new friends, get to hear interesting stories from the past and enjoy bringing joy to those around me. It's a very rewarding hobby that's so simple but means a lot for those who need it." *Sam W.*



**Sam W and Jeff out for a stroll**

I'd like to give a shout-out to all our AWESOME volunteers and invite you to try volunteering with us. Volunteering for NEXT is a great way to learn about what we do and see if we're the right fit for you. Thanks to Marie, Lidia, Nancy, Geraldine, Murcher, and Janet for your help with our birthday mailing last month. We appreciate you!

We have an exciting year ahead as NEXT Village SF programs will also take place at the North Beach, Marina and Golden Gate libraries. **If you live in District 2 or 3 and are looking for a great way to help and meet others, build community in your neighborhood, and make new friends and connections, please contact me at (858) 245-5575, 8:30 am-5pm, M-F, or by email at: [molly@nextvillagesf.org](mailto:molly@nextvillagesf.org).** We'll talk about your talents and interests to figure out the perfect way for you to get involved. There are always opportunities to help individuals, as well as the organization.

As always, we're 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](mailto:molly@nextvillagesf.org). P.S. The more advance notice, the better.



## ACTIVITIES IN JANUARY – PLEASE JOIN US.

### Drink & Draw



This class is open to anyone at any skill level. led by the lovely and talented Lucia Gonnella.

**Friday, January 3, 1-2:45pm**

**North Beach Library, 850 Columbus Avenue**

Bring your watercolor supplies.

**RSVP:** <https://nextsf.helpfulvillage.com/events/1148>



### NEXT Village's Monthly Writing Group- featuring JACKIE HEWITT–

#### Open to everyone!

**Monday, January 13th, 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.

*\*Meg is away for three months, and we are thrilled that Jackie is taking the lead!*



**RSVP not required:** <https://nextsf.helpfulvillage.com/events/1168>





## cHeeRS! hAPPY hOUR!

**Monday, January 13, 4-6pm**

Everyone is welcome!

**Tia Piacera 1507 Polk Street**

RSVP not required:

<https://nextsf.helpfulvillage.com/events/778>



## LUNCH IS SERVED!

**Lunch with the Bunch!– Boudin Bakery & Cafe**

**Wednesday, January 8, 11:30-12:30 or so.**

160 Jefferson Street, Lower Level

San Francisco, CA 94133

From their website: “Our cafe, with indoor and outdoor seating, is the perfect year-round spot for enjoying sandwiches, salads, sourdough pizzas, and our classic soups served in bread bowls.”

<https://boudinbakery.com/location/boudin-bakery-bakers-hall/>

**RSVP:** <https://nextsf.helpfulvillage.com/events/1170>



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

**Les Invasions Barbares (The Barbarian Invasions) — Canada Denys Arcand 2003 1 hr. 39 min 1/8/14/19**

**Wednesday, January 8, 6:00pm. Address given with RSVP.**

**Les Invasions Barbares (The Barbarian Invasions) — Canada Denys Arcand 2003 1 hr. 39 min 1/8/14/19**

Written and directed by Denys Arcand and starring Rémy Girard, Stéphane Rousseau and Marie-Josée Croze.

This is a funny and sad movie by the Québécois filmmaker, Denys Arcand, kind of like life much of the time. A university professor (Rémy Girard) of Falstaffian appetites is dying from incurable cancer, which moves his former wife, to whom he was unfaithful six months after their wedding as well as frequently thereafter, to call their son, Sébastien (Stéphane Rousseau), in London and urge him to come home. Sébastien, a mover in the world of high finance in London, has been estranged from his father ever since the young man chose making money as his life's path. He has a lot of it, as well as a classically beautiful fiancée, and has learned how to use it thoughtfully and perhaps even with love, during his father's final days, paying the hospital janitorial staff, for instance, to turn an unused room into his father's private hospice. The path to reconciliation, however, cannot be paved only with money, as he discovers. Sébastien's first visit to his dying father ends with the socialist



professor shouting condemnation of his son's capitalist values and way of living, and his son shouting back—an angry exchange that has gone on, we know, for years.

The argument is the start of the film's up and down—and even sideways—movement toward all kinds of reconciliations between father and son, husband and wife, lover and mistresses, and even professor and students, though the last, we find out, only happens because of the son's devious cleverness. In the end, the professor can no longer get relief from his excruciating pain by taking morphine. He needs cocaine, a hospice nurse/nun tells him, and only Nathalie (Marie-Josée Croze), the addicted daughter of one of his lovers and the childhood friend of his son, can provide it and knows how to inject it. She also adds more twists to a story that ends the way we would all want our lives to end, peacefully and surrounded by friends and family, however they have found their ways to our bedside.

RSVP: <https://nextsf.helpfulvillage.com/events/1182>

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



## Access Day at the DeYoung – Soul of a Nation

**Monday, January 13<sup>th</sup>, 1:15pm. - 50 Hagiwara Tea Garden Dr Golden Gate Park.**

This internationally acclaimed exhibition, organized by Tate Modern, celebrates art made by Black artists during two pivotal decades when issues of race and identity dominated and defined both public and private discourse. The de Young's presentation includes a focus on Bay Area artists whose work promoted personal and cultural pride, collective solidarity and empowerment, and political and social activism.

Honoring the incredible legacy of Black Power in the San Francisco Bay Area, the de Young museum is hosting a line-up of programming and partners tied to celebrating this landmark exhibition. Featuring renowned artists, performers, musicians, activists, civic leaders, and others, these programs welcome special guests from around the Bay Area to bring Black Power to the forefront.

Members only. Must RSVP <https://nextsf.helpfulvillage.com/events/1121>

415-888-2868





## COME MEET NEW DEATH CAFÉ FACILITATOR, SUE TRUTH IRWIN

Sue Truth Irwin is a Metaphysical Minister and Transformational Therapist residing in San Francisco.

She has always been spiritually oriented and interested in people living their best lives including both the tragedies and the treasures!

It is important to her to support people to find their serenity including around grief and death issues. Check out her work at:

[www.theevoacademy.com](http://www.theevoacademy.com)

### **Death Café – Circle of Sharing – Tuesday, January 21, 1-2:45pm North Beach Library, 850 Columbus Avenue**

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

**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/1176>



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

**Led by Ace Volunteer, Alex Pellegrini (No meetings on Jan. 1<sup>st</sup>)**

**@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!*



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

**Wednesday, January 22, 4–5pm, Fior D'Italia. 2237 Mason**

**RSVP requested but not required:**

<https://nextsf.helpfulvillage.com/events/1179>

**or 415-888-2868.**



## Technology Teach-in

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



**Friday, January 24, 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/1209> 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!



## 老人保健常識有哪些呢？

現在的老年人越來越多，正直高峰期，還會不斷增多，所以就更加要知道老人保健常識，那麼大家到底了解多少呢？下面小編就來為大家介紹下吧。

1 生活要有規律 飲食定時定量，食勿過飽，腦力勞動不宜過久，應有足夠的午休，並協助制訂休息時間表。

2 養成有利於健康的生活習慣 ①注意個人衛生；②自己能做的事儘量堅持自己做；③保持已有的生活及工作技能，如：書寫、縫紉、繪畫、騎自行車等。



3 推廣義務工作制度 有意將自己融入社會大家庭，目前在美國、日本、泰國、台灣、香港等地為數不少的老年人做義務工作，如照顧高齡老人，到醫院供應室摺紙袋等。義務工作可以使老人有目的感和社會責任感，感到有用、被尊重和自我尊重，還可以滿足老人與他人交流溝通的需要以及服務他人的滿足感，對提高老人的生存價值，生存質量，做到真正健康長壽有十分重要的作用。

4 老年人自我保健指導 如：呼吸操--鼻吸氣、吐氣、疼痛--熱敷；睡眠差--睡前泡足、喝熱牛奶、按摩等。正確的服藥方法；①服藥時站、坐或半臥，以免噎咳；②吞服藥用溫開水、服藥前先飲一小口水，以濕潤口腔，藥水吞服後還需多飲幾口水，以免藥片粘於食道壁上，使食道粘膜受刺激，並影響藥物吸收；③夜間服用安眠藥時用熱水吞服，使藥效發生較快；④取消某些不必要的藥物以減少藥物相互作用導致的不良反應，並避免發生耐藥性。

5 豐富生活內容，保持愉快情緒 成立老年協會或老年活動中心，退休辦等--為老年人休閒活動提供場所並給老人交友提供機會，提供保健諮詢及體檢等醫療服務活動。



## LGBTQ News:



develops treatments for HIV and AIDS.

The AIDS Memorial Quilt is making its way back to San Francisco starting in December, after 18 years in Atlanta, but a handful of its 50,000 panels got an early flight to the Bay Area in time for World AIDS Day.

Quilt founder Cleve Jones created that first panel in 1987 in honor of his friend Marvin Feldman who died of AIDS. The 6-by-3-foot Feldman panel is part of the 12-square-foot-block that Cunningham reverently unfolded in Golden Gate Park on Tuesday, Nov. 26, along with Quilt co-founder Mike Smith, local Quilt display coordinator Kelly Hart, and Brett Pletcher, executive vice president of corporate affairs for Gilead Sciences, a Foster City bio-pharmaceutical company that

The original panel was one of several that was displayed in a tent in the AIDS Grove for World AIDS Day on Sunday, Dec. 1. They will now be stored in a warehouse near Oakland International Airport until the National AIDS Memorial builds a new Interpretative Center for Social Conscience near the Grove. The group hopes to secure a site and break ground within five years, Cunningham says.

The Names Project Foundation, the Quilt's longtime caretaker, announced last week in Washington, D.C., that it would be [turning over stewardship](#) of the 52 tons of fabric to the National AIDS Memorial Grove. The Names Project plans to cease operations in early 2020.



## From the Director:

### Happy Birthday to NEXT Village, & Thanks to all of you who donated in honor of a senior that you loved/admired.

Ten years is quite a milestone, and we thank each and every one of you for your contribution to NEXT Village, whether it was becoming a member, attending a fundraiser, volunteering, leading a program, or joining us for a social, cultural, or educational event. We're looking forward to more birthdays and to keeping the party going for older adults in northeast San Francisco. We will have a number of celebratory events during the year, including a "miniatur" Golf Tournament with the staff at [www.doximity.com](http://www.doximity.com); a company co-founded by our board member, Sebastian DeLuca, a platform for health care professionals to connect with each other. We'll celebrate with special speakers throughout the year, and of course, at Spring Fling.

### It's Village-time for yours truly.



A Village is really just a bunch of grapes all hanging out on a series of vines that are connected and supported through a variety of means.

I took this photo on Thanksgiving up in Healdsburg, in an area that was burned in the Kincaid Fire. Their colors stood out amongst the charred, ashy earth.

After a 16 month wait, I am finally scheduled for a total knee replacement on January 2. I'm sure that many of you have had this process already, so I'm open to your tips and tricks for recovery. I'll be calling on my Village in Marin for support, and am grateful that there are such things as Villages. I will not be available for the first two weeks of January, so if you need something, please reach out to Molly ([Molly@nextvillagesf.org](mailto:Molly@nextvillagesf.org)) (858) 245-5575. and she can take care of it.

### SAVE THE DATE! FRIDAY, MARCH 27<sup>TH</sup> SPRING FLING 2020.

We are excited to announce that Kim Nalley and special guest will once again perform for us at our Spring Fling, Friday, March 27, at the University Club. They did such a beautiful job for us last year. It was a delightful evening. We hope you will join us this year! Tickets will be available soon, and sponsorships are available now.

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

*Jacqueline*

[jjones@nextvillagesf.org](mailto:jjones@nextvillagesf.org) \* 415-888-2868. \* [www.nextvillagesf.org](http://www.nextvillagesf.org)

### Human aging involves three distinct turning points:

**Researchers with Stanford University have published a study revealing that physical aging is not a smooth process, but rather something that happens in what they describe as a 'herky-jerky trajectory.' Using blood tests to look at specific proteins, the researchers found that human aging involves three distinct turning points, the first starting in one's mid-thirties.**

Proteins in the blood can provide clues about a person's health and, according to the new study, show changes that allow researchers to estimate a person's age. The study found that the levels of many proteins in the blood change with age — something that may cause, rather than just reference, the process of physically aging. The study involved blood plasma from more than 4,200 people ages 18 through 95. Based on their analysis of protein changes, the researchers found that humans experience multiple 'distinct times' when protein levels experience pronounced 'changes in abundance,' something found to happen at around the ages of 34, 60, and 78 years.

Using a formula based around these proteins, the researchers say they can estimate someone's age with an accuracy of within a three-year range. The times when the formula failed by estimating someone as younger than they were pointed toward the presence of particularly remarkable health. As well, the researchers found that a significant number of proteins showed changes that differed based on sex.

The findings 'strongly support' that men and women age differently, underscoring the need to include women in clinical trials and to note participants' biological sex as a factor in research.

The researchers explain that in the future, looking at protein levels in blood may be able to reveal when a person is aging much faster than expected, helping doctors intervene in the potential development of health issues like dementia. As well, the findings may help experts develop new ways to slow down aging.

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