

## AROUND THE VILLAGE

### February 2020

### THANK YOU, DONORS!

Thank you to all of our wonderful donors for helping us celebrate our 10<sup>th</sup> Birthday. With your help we met the \$5,000 match (Thank you, Claudine, June, Janet, Rod, Gail, & Paul). We loved that many of you made your donation in honor of a senior that you love.

In honor of our 10<sup>th</sup> Birthday, we invite you to join us for a number of events during the course of the year. Watch for special programs like Wine & Cheese tasting, Miniature Golf, Presentations by special guests, and more.



### SPRING FLING – SAVE THE DATE!

Friday, March 27<sup>th</sup>, 6-9:30pm  
SF University Club

Featuring Kim Nalley and Tammy Hall  
performing melodies you know and love.

Grab your friends and enjoy an intimate  
evening of song, heavy hors d'oeuvres, and  
a cash bar in one of the prettiest evening  
settings in San Francisco.

Sponsorships and Tickets are available at  
[SpringFling\\_2020\\_NEXTVillageSF](http://SpringFling_2020_NEXTVillageSF)



# NEXTVillageSF

At home, right where you are.

### Join the fun!

#### YOGA – CHAIR OR MAT, WITH BASCIA

Every Thursday, 1pm -2pm. 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, February 7th 1pm-2:45pm

North Beach Library, 850 Columbus Avenue.

#### WRITING WORKSHOP with Jackie Hewitt

Monday February 10th, 1pm-2:45 pm

North Beach Library, 850 Columbus Avenue.

#### LUNCH WITH THE BUNCH –

Wednesday, February 12<sup>th</sup>, 11:30am-1pm

Mario's Bohemian Cigar Store 566 Columbus

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

Jimmy P., France, Arnaud Desplechin, 2001

Wednesday, February 12th 6:00pm-9:30pm

Jane Winslow's home. RSVP for details.

#### HAPPY HOUR –

Monday, February 10th, 4-6 pm

Nook, 1500 Hyde Street

#### DEATH CAFÉ –with Sue Truth Irwin

Tuesday, February 18th, 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, February 19th, 4-5pm

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

#### TECHNOLOGY TEACH-IN – with Harrison

Friday, February 21, 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

## NEWSFLASH!

**NEXT VILLAGE SF WINS FUNDING FROM THE DIGNITY FUND TO START DISTRICT 2 UNIVERSITY (D2U) BEGINNING IN MARCH OF 2020!**

**NEXT Village submitted a request for proposal for funds to help build high-level programming and events in Supervisorial District 2 beginning in March, 2020.**

**If you live in D2 and are interested in being a member of the steering committee that will help guide the new program, please contact Jacqueline at [jjones@nextvillagesf.org](mailto:jjones@nextvillagesf.org) or call us at 415-888-2868.**

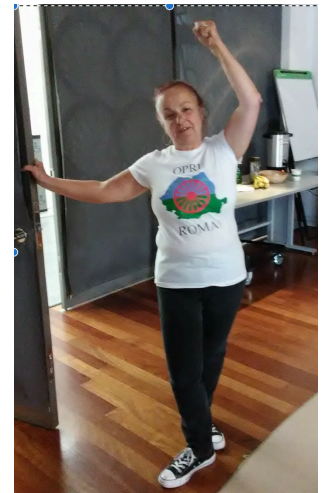
**Chair or Mat Yoga with Bascia,**  
**every Thursday, 1-2pm (Feb. 6, 13, 20, 27)**  
**North Beach Library**  
**NO Experience necessary!**

**\*Special extra class in February with Bascia!**  
**February 18<sup>th</sup>, 1-2 pm at Golden Gate Valley Library**  
**1801 Green St, San Francisco, CA 94123**



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.



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 February - 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, **February 12<sup>th</sup>**, 1:15-2:45pm **Financial Planning Question/Answer Session with Brandon Harvey** <https://nextsf.helpfulvillage.com/events/1208>

Feb 25 event TBA

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

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 FEBRUARY – PLEASE JOIN US.

#### Drink & Draw



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

**Friday, February 7th, 1-2:45pm**

**North Beach Library, 850 Columbus Avenue**

Bring your watercolor supplies.

**RSVP:** <https://nextsf.helpfulvillage.com/events/1153>



#### NEXT Village's Monthly Writing Group- featuring JACKIE HEWITT– Open to everyone!



**Monday, February 10th, 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/1169>



## cHeeRS! hAPPY hOUR!

**Monday, February 10th, 4-6pm**

Everyone is welcome!

**Nook – 1500 Hyde @ Jackson**



RSVP not required:

<https://nextsf.helpfulvillage.com/events/1174>



## LUNCH IS SERVED!

**Lunch with the Bunch!– Mario's Bohemian Cigar Store**

**Wednesday, February 12th, 11:30-12:30 or so.**

566 Columbus at the corner of Union Level

San Francisco, CA 94133

Mario's Bohemian Cigar Store is the quintessential North Beach cafe, open since 1971 and now run by the 3rd generation. Food is simple and the atmosphere is pleasant, across from the recently renovated Washington Square Park.

<https://places.singleplatform.com/marios-bohemian-cigar-store-cafe/menu?ref=Yahoo>

**RSVP:** <https://nextsf.helpfulvillage.com/events/1171>



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

**Jimmy P. — France/US Arnaud Desplechin 2001.**

**2 hrs. 2/12/20**

**Wednesday, February 12th, 6:00pm. Address given with RSVP.**

**Jimmy P. — France/US Arnaud Desplechin 2001 2 hrs. 2/12/20**

Shortly after World War II ends, a Blackfoot Indian, Jimmy Picard or Jimmy P. (Benicio Del Toro), who was injured by falling off a truck, enters a military hospital hoping to get help for intense headaches, dizzy spells, and bizarre dreams. The doctors find nothing wrong with his brain—no injury from the fall—and believe he is suffering from schizophrenia. None of the conventional methods of that time, however, help rid him of the headaches and dizzy spells that drive him to the ground in agony. A staff doctor recalls working in France with a psychoanalyst and anthropological researcher of Native American peoples. His name is Georges Devereux (Mathieu Amalric), who rankled the conventional world of therapy in France by his unorthodox methods. Out of options, the hospital invites him to come to the States. Devereux accepts. When he meets Jimmy P., he explains to him that the treatment will use talk therapy, Devereux using his knowledge both of psychotherapy



and of Native American culture. “Jimmy P” is the story of that treatment and of the remarkable friendship that develops between two men who seem to be worlds apart.

Arnaud Desplechin, who has explored the world of the troubled mind in other films he has made, handles the story with great tact and sensitivity, not only to the process of trying to discover the source of Jimmy’s crippling symptoms, but also to the men’s evolving relationship. A Frenchman and a Blackfoot Indian, together, explore how tightly woven cultures can shape and misshape us, at times, almost driving us crazy.

**RSVP:** <https://nextsf.helpfulvillage.com/events/1183>

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



### **Death Café - with 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, February 18th, 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/1177>



### **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!*

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

**about it!**

**Wednesday, February 19th, 4–5pm, Fior D’Italia. 2237 Mason**



RSVP requested but not required: <https://nextsf.helpfulvillage.com/events/1180>

or 415-888-2868.



## Technology Teach-in

Technology Teach-in's. Featuring Harrison Ravazzolo!



Friday, February 28th, 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/1226>

or 415-888-2868.



## Join NEXT members for the NVSF First Quarterly Cultural Dinner Party And Potluck!

Quarterly, we will help organize a cultural sharing dinner to be hosted by a member. Our first event will celebrate Mardi Gras / Shrovetide on February 22, 4:30 pm - 7 pm.

Attendees must bring a dish to share and a story, presentation, or experience on the theme. BYOB/share, limited to 8-10 people with address provided upon registration. The site is not ADA accessible as it is a home with a flight of stairs up. Sorry, No parking, no prep or cook space (microwave available), foods not required to be homemade.

RSVP: <https://nextsf.helpfulvillage.com/events/1227>



## 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!



适合老年人的 3 种健身运动



散步和爬楼梯：中国有句俗话说：人老腿先衰。双腿是全身重要的支柱。当人开始衰老时，骨质疏松悄悄袭来，骨头变得脆弱，而且上了年纪的人，不但心肺功能减弱，而且全身肌肉也渐渐松弛，弹性和收缩力降低，所以不少老年人行走缓慢，步履艰难，呈现出特有的老年步态，于是，腿脚是否灵活成了衡量一个人是否衰老的重要指征之一。为了延缓衰老，老年人应尽量多步行，以锻炼腿部和腰背肌肉，改善肌肉和骨的血液循环，减轻骨质疏松的发生；同时步行还能锻炼呼吸、循环系统功能。身体状况较好的老年人可以进行爬楼梯锻炼，但要注意：

打太极：太极拳是非常受老年人欢迎的一种运动。它动作平缓，简便易掌握。其动中有静，静中有动，刚柔相济，虚实结合。常打太极拳能够强筋骨、利关节、益气、养神、通经脉、行气血，对很多系统的慢性疾病都有辅助治疗的作用。常练可以祛病强身。

玩健身球：健身球有山核桃、象牙的，也有玉石的或不锈钢的。老年人漫步街头，或乘凉聊天时，单手甚至双手练着健身球，潇洒自如，悠闲安适，堪称一景。



## From the Director:



Some spring flowers to cheer me on in my quest to recover from knee surgery.

If any of you have endured knee replacement surgery before, you know what it takes to recover...there's no such thing as 'bouncing back'. Thanks to board members, Janet Crane, Kim Rotchy, Howard Wong, Helen Doyle and Molly Tello for stepping up and helping cover for me. They are wonderful and helpful even when I'm well, but they really went above and beyond while I recuperate.

My apologies for any typo's or other mistakes – I'm writing this while under the influence of pain pills!

Looking forward to seeing you at Spring Fling. Sponsorships available now, (contact me if you are interested), tickets available, too!

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

*Jacqueline*

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

**NEXT'ra:** Helpful information for our readers.

## Make Your Space Work as You Age, by Jennifer Barger

Some homes—one-level condos with elevator access, single-floor ranch houses—suit aging residents better than others, but any space can be made more accessible. For help, check out [The AARP HomeFit Guide](#), which includes a room-by-room checklist of best practices as well as other resources. If you're considering remodeling or upgrading your home to make it universally accessible, consider consulting with an occupational therapist or

search for a Certified Aging-in-Place Specialist (CAPS) on the [National Association of Home Builders website](#). To earn that certification, contractors, builders, and architects must take a two-day course on designing for and dealing with aging clients. It's not a terribly rigorous program, but certification indicates that a contractor or other pro is interested in and performs this type of work.

### **Stair Lifts and Ramps- Medicare Part B may cover a chairlift!**

If stairs become unmanageable, ramps (primarily for outside spaces) and stair lifts (usually but not always for interior stairs) can keep seniors in their homes and safer longer. If you have Medicare Part B, ask it to help fund a chairlift; if it deems one medically necessary, it will pay for 80 percent of what it considers the allowable cost. Otherwise these systems cost thousands of dollars, and are especially expensive if you have a curved or turning staircase.

### **Doorknobs**

- Replace hard-to-grasp round doorknobs with easier-to-use lever handles.

### **Floors**

- Eliminate toss rugs, and prevent area rugs from slipping by securing them with grip tapes or rug pads.

## **Bathroom**

### **Floors**

- Make floors less slippery by installing tiles with wider, grippier lines of grout.
- Use a mid- to large-size area rug with a pad in place of a bathmat, which can slide around and cause falls.



