

## AROUND THE VILLAGE

March 2020

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](https://nextsf.helpfulvillage.com/events/1260-one-hard-thing)



**FORE! Come have some fun!**



### MINIATURE GOLF TOURNAMENT!

Tuesday March 10  
2-4pm

Subpar Miniature Golf  
900 North Point St #F201  
Ghiradelli Square

Board member Sebastian Deluca, and his team at Doximity, <https://www.doximity.com> are hosting a fun miniature golf tournament! Team members from Doximity will cover our entry fees, and will be matched up with our members. <https://nextsf.helpfulvillage.com/miniature-golf-at-subpar>

# NEXTVillageSF

At home, right where you are.

### “One Hard Thing”

**Celebrate the time change!  
(Daylight Saving Time) with the  
awesome SF Evening Rotary!  
Sunday, March 8, 11:30am-1:30pm**

Our friends at the SF Evening are back to help us with:

- Changing clocks, smoke detector batteries, light bulbs, flashlight batteries.
- A challenging task around the house
- A project, like hanging a picture
- Computer, phone, or other device support
- Flipping your mattress
- Standing on ladders to move things down to a lower shelf
- “Honey-do” chores. Just ask us!

Members only. Must RSVP

<https://nextsf.helpfulvillage.com/events/1260-one-hard-thing> or 415-888-2868.

Please be sure to let us know how they can help so we can create our plan accordingly.

If you need flashlight batteries, and you know what size you need, please let us know and we will bring them.

NEXT Tip: **CBD for Seniors**

BE SURE TO VIEW THE ENTIRE NEWSLETTER FOR March's Live & Learn

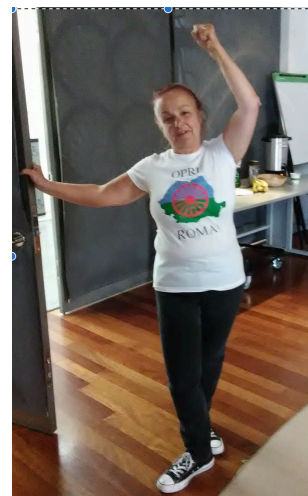
**Chair or Mat Yoga with Bascia,**  
**every Thursday, 1-2pm (March 5,12,19,26)**  
**North Beach Library**  
**NO Experience necessary!**

**\*Special class in March with Bascia at Golden Gate Valley Library!**  
**March 24<sup>th</sup>, 1-2 pm, April 14 and 28<sup>th</sup> at Golden Gate Valley Library**  
**1801 Green St, San Francisco, CA 94123**  
<https://nextsf.helpfulvillage.com/events/1262>



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 March - 1890 Chestnut Street**

NEXT now hosts events at the Marina library for more great events. Please join us, even if you don't live in The Marina, and tell your friends who do!

**Wednesday, March 25<sup>th</sup>, Cultivating Optimism** with Hope Levy. 1:15-2:45pm  
<https://nextsf.helpfulvillage.com/events/1220>

**Wednesday, April 15, 1:15-2:45pm The Census: Understanding your role in an accurate count**, and how to fill out the census online. Katerina Hardegen will give us all the scoop.  
<https://nextsf.helpfulvillage.com/events/1278>



### **Molly's Minute – The Volunteer Corner Molly's Minute – The Volunteer Corner** **Please help us support new members in the Embarcadero Area!**

**If you live in the *Embarcadero* area 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 MARCH – PLEASE JOIN US.**

### **Drink & Draw**



This class is open to anyone at any skill level. Lucia is away this month. We are looking for a substitute and will meet to free paint if no substitutes are available. Led by the lovely and talented Lucia Gonnella.

**Friday, March 6th, 1-2:45pm**

**North Beach Library, 850 Columbus Avenue**

Bring your watercolor supplies.

**RSVP:** <https://nextsf.helpfulvillage.com/events/1275>



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

#### **Open to everyone!**



**Monday, March 9th, 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/1280>



### **cHeeRS! hAPPY hOUR!**

**Monday, March 9, 4-6pm**

Everyone is welcome!

**Le Central - 453 Bush St at Grant**

RSVP not required

<https://nextsf.helpfulvillage.com/events/1263>



### **SPECIAL LIVE & LEARN- CBD/THC for Seniors**

**Wednesday, March 11<sup>th</sup> 2:30-4 (Location TBA with RSVP)**

Come learn from an expert: Seniors and Cannabis speaker Mike Clemmons, the president of Guild Extracts. Mike is very knowledgeable on all the different types of cannabinoids, and their health benefits. He'll provide us with some good information, followed by Q & A. Please RSVP @

<https://nextsf.helpfulvillage.com/events/1283>

to ensure that we notify you of the location. Thank you.

## LUNCH IS SERVED!

**Lunch with the Bunch!**— Yarsa – Nepalese Cuisine

(<http://www.yarsanepalese.com/>)

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

1310 Grant @ Vallejo.

The reviews are in and people are raving about Yarsa. “Delicious food! Very tasty. Good for eating with people of varying dietary preferences, since you can get curries with choice of proteins. Super friendly staff. Really impressed how well everything went considering we ate there during their first week open”.



**RSVP:** <https://nextsf.helpfulvillage.com/events/1172-lunch-with-the-bunch>



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

**Matewan — US John Sayles 1987 2 hr 13 min 3/11/20**

**Wednesday, March 11, 6pm.**

**Address given with RSVP**

Mingo County sits in the southwest corner of West Virginia, where the state meets Virginia and Kentucky. Matewan is right on that border. In 1920, the small town became the site of what came to be called, at least by conservatives, the “Matewan massacre.”

This powerful film explores both the massacre and what led to it. The United Mine Workers Union (UMW) had made some headway in the small town: the sheriff and mayor were both union supporters, and there was growing support for the union among the county’s miners. In opposition, the mine owners were determined to crush any hint of a union and used their private police force, the Baldwin-Felts Detective Agency, to do it. Trouble had swept the mining areas of the Appalachian Basin in the years before 1920 but in the other coal mining states of Pennsylvania, Ohio, West Virginia, and Tennessee, mine owners sometimes came to agreements with their miners and even with the UMW. Not West Virginia. Its government was bought and paid for by the mine owners, who labeled the union supporters communists and hooligans and, with a few exceptions, felt miners were animals, unworthy of being treated as human beings. In the West Virginia of 1920, the Mingo miners rebelled.

John Sayles relied heavily on historical sources in making this superb film. benefitting enormously from Haskell Wexler’s prize-winning photography, which beautifully and dramatically captures the subdued colors and pale light of a mining town in an Appalachian hollow, as the narrow valleys of that region are called. Joe Kenenhan (Chris Cooper) a leftist union organizer (holder of union cards for both the International Workers of the World and the UMW), squelches the mine owner’s divisive ploy of bringing in Italian and Black strikebreakers by convincing the outsiders and the local miners to work together. In response, the mine owners



send a dozen armed thugs of the Baldwin-Felts Agency to Matewan to evict union supporters. The sheriff, mayor and miners are waiting for them—armed. Most of the violent final scene's major characters depict actual players in that battle.

Mary Mc Donnell, as Elma Radnor, is the romantic interest for Joe and strongly supports his work, as does, eventually, Few Clothes (James Earl Jones) a leader of the black strikebreakers.

NOTE: A commentary on how such history-based progressive films are received can be found in the budget for it—\$4 million— and its worldwide gross—\$1.7 million.

To get a fuller picture of the violence that was common in the mines until 1934, watch the superb documentary that is part of the American Experience series. Available by googling that series and looking for AMERICAN EXPERIENCE: THE MINE WARS. If you start watching at the 60-minute mark, you will get the part of the film that covers the Matewan massacre and its final outcome. Only the progressive FDR and support he got from the progressive Congress ended the worst mine owner abuses and opened the industry to unionization under John L. Lewis, ironically a conservative Republican.

THE MOLLY MAGUIRES (1980), which shows how Irish miners, fresh from the Civil War in their own country, responded to brutal mine owners and mining conditions. It stars Sean Connery and Richard Harris.

**Let us know if you need transportation. <https://nextsf.helpfulvillage.com/events/1279-sid's-salon>  
All are welcome. \$5 for non-members.**



## **SPECIAL LIVE & LEARN**

### **Cultivating Optimism, with Hope Levy**



**Friday, March 13, 1pm-2:30 at the North Beach Library, 850 Columbus,  
& Wednesday, March 25<sup>th</sup>, 1:15pm-2:45 at the Marina Library, 1890 Chestnut Street**

Would you like to improve your level of happiness, life satisfaction and wellbeing as you age? If so, this fun, interactive program is for you! You will learn how to practice evidence-based strategies used in [Positive Psychology](#) to face life's challenges and adversities as we age, with greater optimism and resilience.

Positive Psychology is a scientifically based branch of psychology, pioneered by Martin EP Seligman from the University of Pennsylvania. [Positive Psychology](#) is the science that explores how happiness and wellbeing can be improved and sustained by building on our strengths, rather than fixing our weaknesses. In other words, it differs from traditional psychology by focusing on what is right with you as a way to build on intrinsic strengths and abilities.



**Death Café - with FACILITATOR, SUE TRUTH IRWIN**

Thank you, Sue. We appreciate your facilitation of the Death Café! We will miss you!

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, March 17th, 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/1178>



**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, March 25th, 4–5pm, Fior D'Italia. 2237 Mason**

**RSVP requested but not required:**

<https://nextsf.helpfulvillage.com/events/1181>

**or 415-888-2868.**



**Technology Teach-in**

**Technology Teach-in's. Featuring Harrison Ravazzolo!**



**Friday, March 27th, 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/1281>

**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!



## **老年人的身体活动**

对于 65 岁及以上的成人，身体活动包括在日常生活、家庭和社区中的休闲时间活动、交通往来（如步行或骑车）、职业活动（如果仍然从事工作的话）、家务劳动、玩耍、游戏、体育运动或有计划的锻炼。

1. 老年人应每周完成至少 150 分钟中等强度有氧身体活动，或每周至少 75 分钟高强度有氧身体活动，或中等和高强度两种活动相当量的组合。
2. 有氧活动应该每次至少持续 10 分钟。
3. 为获得更多的健康效益，该年龄段的成人应增加有氧活动量，达到每周 300 分钟中等强度、或每周 150 分钟高强度有氧活动，或中等和高强度两种活动相当量的组合。
4. 活动能力较差的老年人每周至少应有 3 天进行增强平衡能力和预防跌倒的活动。
5. 每周至少应有 2 天进行大肌群参与的增强肌肉力量的活动。
6. 由于健康原因不能完成所建议身体活动量的老人，应在能力和条件允许范围内尽量多活动。

## **NEXT'RA – NEWS YOU CAN USE!**



## **Update on Housing - Buyout Agreements for renters (Thanks to Ace housing expert, Theresa Flandrich)**

On February 11<sup>th</sup>, 2020, our Board of Supervisors voted unanimously to pass amendments to the 2014 Buyout legislation which will close the loopholes used by unscrupulous landlords to get long-term tenants, primarily seniors & people with disabilities, out of their homes. To avoid a prohibition on condo conversion with unfilled buyouts, owners do not notify tenants of their rights & threaten that if a buyout is declined, they would Ellis Act evict. This has led to hundreds of tenants leaving their homes for small to seemingly large sums of money, only to learn that on their fixed incomes they can no longer find affordable housing in SF. We lose not only our neighbors, but also our affordable rental housing as the apartments become luxury housing demanding exorbitant rents.

- You must receive the 7-page packet of tenant rights & resources before the landlord can begin to discuss a buyout negotiation with you. You do not have to sign anything, and certainly not before talking to a free tenant counselor.
- The landlord cannot give you a “take-it-or-leave-it” deadline, in fact, there is a minimum of 30 days between the start of your consented negotiations and the finalizing of a buyout agreement.
  - Housing Rights Committee: 415-703-8644
  - SF Tenants Union: 415-282-6622
  - Chinatown Community Development Center: 415-984-2728 (Cantonese)
  - Senior & Disability Action: 415-546-1333

## LGBTQ NEWS

### Forum for the LGBTQ Community on How to Avoid Elder Abuse

Hosted by: Tom Ammiano & Tim Wolfred Co Sponsored by DAS, IOA, Openhouse, LGBTQ Community Center

**Thursday, March 5, 9:30am - 1:00pm, LGBTQ Community Center, 1800 Market St**

The forum will feature a community resource fair - Light refreshments will be served

## From the Director:



Lunch with the Bunch @ Marios!

Ten years has flown by since Janet Crane and Jonee Levy seized upon the idea of starting a Village in San Francisco. They rounded up several other do-gooders to help launch NEXT Village, (Gail Switzer, Howard Wong, June Fraps, among others), and here we are. In those ten years, with your support, we are still connecting and supporting older adults in San Francisco. So, thank you for being part of our success. Your generosity, whether in the form of membership, financial support, or volunteer service is what makes it possible. And here's a photo example of how you've brought people together: Lunch with the Bunch -

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

*Jacqueline*

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





# NEXTVillageSF

At home, right where you are.

Post Office Box 330278  
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Your **March** newsletter is here!