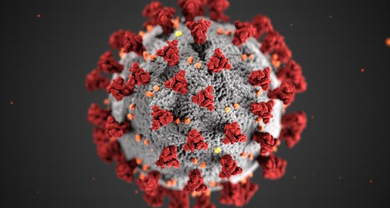
**Ah shucks.**

|  |  |
| --- | --- |
| ***AROUND THE VILLAGE***  **APRIL 2020** |  |
| Well, well, well. We could all use a little less of the famous quote: “May we live in interesting times”. Fortunately, we have been training for this for the last 10 years!  **Here’s how we are supporting the seniors in our community:**  NEXT has recruited a large number of young neighbors, some with cars, who have offered to go grocery shopping, to deliver prescriptions and any other errands that are important to people who are in the high-risk categories. These volunteers are vetted. Want to volunteer? <https://nextvillagesf.org/become-a-volunteer/>  We have instructed the volunteers to coordinate by phone and email with people who request their help, to leave packages outside their doors or equivalent arrangement. You can reimburse the volunteers by PayPal or Venmo or cash or check in an envelope if you are not on those apps.  **If any of you need an errand run, please call NEXT Village at 415-888-2868 or email to** [**info@nextvillagesf.org**](mailto:info@nextvillagesf.org)**.  If you need groceries, please create a shopping list and email to us, or call.**  We also have a phone tree Buddy system to call all members regularly to check on their well-being.  We are helping members learn how to use Zoom and other ways to communicate online, and are working on setting up online events, chat groups and other ways to keep people connected.  **To join, please go to our website** [**nextvillagesf.org**](http://nextvillagesf.org/) **and sign up on the membership page, or call us at 415-888-2868.**  Normally the membership fees range from $600 per year for a household for full services and $120 per year for limited services.  **During the virus time, we have created free temporary memberships for those for whom a membership fee is a hardship.**  **Join us for a special Coronavirus call with a health professional on April 7. See next page for more info.** | **Activities in April**  Dear NEXT Village community,  We sure miss you, and we hope that you are keeping your spirits up and making lemonade out of the current situation we all find ourselves in. In order to reconnect, NEXT is busy converting many of our standing events to online or phone events. We will send you updates as they become available, and we will post some great ideas for entertainment and exercise in this newsletter. In the meantime, if you have suggestions for virtual activities, let us know!  We’ll be using Zoom; an online platform where all of the participants can see each other.  For example: Drink & Draw watercolor class will be live on Zoom. There is a link to the class on the next page. We recommend you check out Zoom <https://zoom.us/> prior to the class. If you have any trouble, no worries, please reach out to us. The instructions might make it seem more challenging than it is.  How to access Zoom:   Click the **Zoom link** that’s been sent to you in an email, and Zoom should automatically and quickly download to your computer.   A blue box should show up directing you to click Zoom\_launcher.exe.   Once Zoom has launched, a screen should pop up asking for your name. This will identify you during the meeting.   You should now be part of the meeting. Click the green button that says “Join Audio By Computer”.  You can also call into a meeting. Check the invite for that info, and let us know if you’d like some help figuring out how Zoom works. We can do that! |

**MAYOR LONDON BREED HAS ORDERED SHELTER-IN-PLACE EXTENDED THROUGH MAY 3RD**.   
  
“We're working to slow the spread of coronavirus in San Francisco, but we know that the challenges we face are going to get tougher.”

**NEXT invites you to a scheduled Zoom meeting (by phone or computer) CORONAVIRUS UPDATE AND Q AND A WITH KRISSIE KIRBY – a nurse and long-time NEXT volunteer with the SF Evening Rotary.**

**We are all listening to the news but the experts can’t hear our questions. Ms. Kirby is up to date on the latest developments and will brief us, and stand for questions.**

**Tuesday, Apr 7, 2020 6:00 -7:00 PM**

**Join Zoom Meeting (Members have priority)**

[**https://us04web.zoom.us/j/381593554?pwd=NEdMWHdDL09qYUxMbytkM0orcUlLZz09**](https://us04web.zoom.us/j/381593554?pwd=NEdMWHdDL09qYUxMbytkM0orcUlLZz09)

**Meeting ID: 381 593 554 PASSWORD: 316875**

**By phone.**

**+1-669-900-6833, followed by 381593554# US**

**If you’ve never used Zoom before, we encourage you to go to [zoom.us](file:///Users/sarahburke/Downloads/zoom.us) and look around. If you would like some help navigating, please let us know PRIOR TO THE EVENT at** [**info@nextvillagesf.org**](mailto:info@nextvillagesf.org) **and we will do our best arrange that!**

**WATCH FOR CORONAVIRUS SYMPTOMS AND EMERGENCY WARNING SIGNS**

* [COVID-19 symptoms](https://www.cdc.gov/coronavirus/2019-ncov/about/symptoms.html) include fever, cough, and shortness of breath. If you feel like you are developing symptoms, call your doctor.
* If you develop emergency warning signs for COVID-19 get medical attention immediately. These include:
  + Difficulty breathing or shortness of breath
  + Persistent pain or pressure in the chest
  + New confusion or inability to arouse
  + Bluish lips or face
  + ***This list is not all inclusive. Consult your medical provider for any other symptom that is severe or concerning.***

**HOW TO SAFELY MANAGE GROCERIES DELIVERED TO YOU  
A great video by a doctor in Michigan – loaded with helpful tips.**

[**https://www.youtube.com/watch?v=sjDuwc9KBps&amp=&feature=youtu.be**](https://www.youtube.com/watch?v=sjDuwc9KBps&amp=&feature=youtu.be)

**Highlights include:**

**Leave groceries outside for three days – Not something we can easily do here in SF. Use gloves to bring the groceries into your apartment.**

There’s been conflicting data regarding how long the coronavirus can survive on surfaces, but VanWingen says for the sake of your groceries, it’s smart to assume it’s [three days](https://nypost.com/2020/03/11/tests-show-new-coronavirus-lives-on-some-surfaces-for-up-to-3-days/).

He recommends leaving groceries outside your home for three days — by storing them in a garage, on a porch or in an entryway — in the hope that by the time you bring them in, they will be rid of the virus.

“When you go out to get your groceries, and you bring them home, try not to bring them into your house unless you absolutely need them,” says VanWingen. Those who have their groceries delivered should do this, too. “Have [the delivery person] leave them outside, so you can bring them in when you need them,” he says.

**Containers**

All unnecessary external packaging should be discarded.

For bagged produce, if two people are available, one person can open the refrigerator’s crisper and the other can dump in the vegetables, disposing of the bag. Items like bread can be placed in sterile storage containers.

“We know that coronavirus can likely live on [cardboard] for 24 hours, but on the inside, no human hands have touched this for more than a few days,” he says while removing a cereal bag and throwing out the box itself.

If you’re buying groceries for someone else, consider removing the groceries from their external containers and putting them in a cloth bag. For items whose container can’t be removed, sanitize the groceries first and then put them into the bag.

**Sterile technique**

VanWingen recommends applying a method called sterile technique — used by health-care professionals to prevent the spread of infection within a hospital — to sterilize food.

Before bringing groceries inside, designate a clean side and a dirty side of a table, sanitizing the clean half with any standard disinfectant. Then place the groceries on the dirty side of the table.

“Imagine that the groceries that you have are covered with some glitter, and your goal at the end of this is to not have any glitter in your house, on your hands, or especially on your face,” he says.

Using a sanitizing towel, he says to “make sure your rag is good and saturated with disinfectant” and start wiping everything down.

“More hard plastic things that you’re not worried about disinfecting more liberally,” like medication bottles, can be sprayed directly and then wiped down.

Use common sense when focusing on where to wipe down more.

“Now, you wanna wipe off the areas that you think humans’ hands were touching a bit more liberally than the areas that you don’t think human hands have touched,” he says.

Fruit

Wash fruit like you would wash your hands — for 20 seconds per piece of fruit, in soapy water.

“I know all this seems like it’s time-consuming, but these days, in truth, people do have a bit more time on their hands,” he says. “Let’s be methodical and be safe and not take any chances.”

**BEWARE: SFPD Issues Warning About Fraudulent Door-to-Door Visitors & Coronvirus Scams**

San Francisco Police Department is receiving information about subjects going door to door and claiming to be employees of the Centers for Disease Control (CDC) or the San Francisco Department of Public Health (SFDPH). These subjects are apparently asking for entry into residences to conduct inspections or searches. Neither the CDC nor SFDPH have personnel going door-to-door conducting inspections.

City Disaster Services Workers and volunteers are placing informational door hangers in various neighborhoods. These persons will have City identification, and will not ask for permission to enter any residences or establishments.

If someone claiming to be with CDC or SFDPH calls at your door, do not let them in. Call 9-1-1 and provide the dispatcher with the suspect's description and as much detail as possible. Or call San Francisco’s district attorney’s office hotline to report scams: 415-551-9595.

Additionally, some seniors have reported receiving a call from someone claiming to be a health official and stating that someone in their family has tested positive for the Coronavirus and extra money is needed for their care. Again, no one will contact you demanding money for this situation. Hang up and call San Francisco’s district attorney’s office hotline to report scams: 415-551-9595.

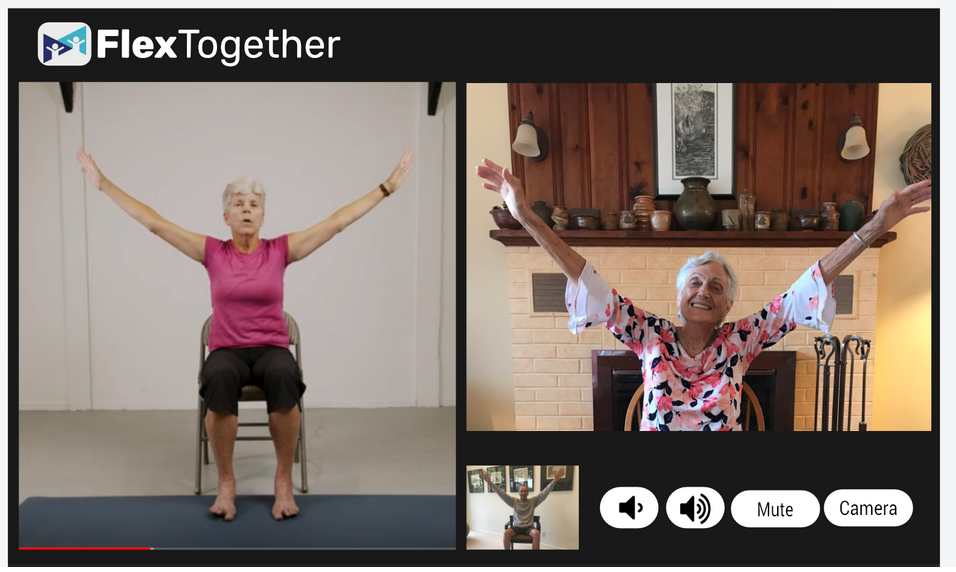
**Keep ‘er Moving!**

**FLEX TOGETHER ONLINE EXERCISE CLASSES FOR YOU AND FOUR OF YOUR FRIENDS!**

**https://flextogether.com/**

**Classes specifically for older adults offered whenever you like. Free to all.**

**NO Experience necessary**!

**We like this system – you can do the class alone, or find up to four friends to do it with you. When you’re ready to work out, just go to the link** [**https://flextogether.com/**](https://flextogether.com/) **and select which pre-recorded class you want to do.**

**HOW TO PARTICPATE:** (There is more info on their website, <https://flextogether.com/>)

1) Complete a simple registration form. **https://flextogether.com/**  
2) Invite a friend or family member to exercise with you.   
3) The system automatically invites them to join you online.   
4) When your friend or family member is ready, you are both connected in a video chat call.   
5) Select a class and start moving together!

If you’re interested in trying this out, and would like a few people to join you, we will be happy to find a few others to exercise with you.

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Molly’s Minute – The Volunteer Corner -   
We are overwhelmed by the outpouring of support from existing and new volunteers. Thank you!

We are so thrilled that so many of you have stepped up for the older adults in your neighborhood. We were concerned that many of our members were going to the store even though it was not advisable- but once we told them that we had plenty of younger people to shop for them, most of you took us up on it.And the compliments are coming in. In summation, they go something like this: Thank you so much for sending such a kind volunteer to the store for me. I am no longer worried about having to go to the store.” And, “I look forward to the check-in calls from your volunteers. They lift my spirits and give me a chance to talk to someone friendly.”

**Want to help? 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 are putting a number of our events online, and are looking for people who will help older adults learn how to use Zoom. If you have that talent, please let us know, asap. Thank you

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**\*ACTIVITIES IN APRIL – PLEASE JOIN US.**

\*May 2nd Potluck is postponed. We’ll reschedule once the coast is clear. We hope to bring everyone back together soon!

Drink  Draw online with Lucia!

This class is open to anyone at any skill level.   
  
**Friday, April 3th, 1-2:45pm**

Time: Apr 3, 2020 01:00 PM Pacific Time (US and Canada)

Join Zoom Meeting <https://us04web.zoom.us/j/933352632>

No Password required – Calling in? +1 669-900-6833 –Meeting/Personal ID: 933 352 632

**If you’ve never used Zoom before, we encourage you to go to [zoom.us](file:///Users/sarahburke/Downloads/zoom.us) and look around. If you would like some help navigating, please let us know PRIOR TO THE EVENT at** [**info@nextvillagesf.org**](mailto:info@nextvillagesf.org) **and we will do our best arrange that!**

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**NEXT Village’s Monthly Writing Group- featuring JACKIE HEWITT–   
Online and Open to everyone! **

**Monday, April 13th, 1-2:45pm.**

We are an informal, facilitated writing group that meets once a month.

**Topic: Writing with Jackie**

**Time: Apr 13, 2020 01:00 PM Pacific Time (US and Canada)**

**Join Zoom Meeting**

[**https://us04web.zoom.us/j/732492440**](https://us04web.zoom.us/j/732492440)

**Meeting ID: 732 492 440 . No password required.**

**By phone:**

**1-669-900-6833 Meeting ID/Personal ID 732492440#**

**If you’ve never used Zoom before, we encourage you to go to [zoom.us](file:///Users/sarahburke/Downloads/zoom.us) and look around. If you would like some help navigating, please let us know PRIOR TO THE EVENT at** [**info@nextvillagesf.org**](mailto:info@nextvillagesf.org) **and we will do our best arrange that!**

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**cHeeRS! hAPPY hOUR!  
Come mix and mingle with other NEXT members**

**Monday, April 13,** **4-5pm**   
Everyone is welcome! By Zoom or by Phone:

<https://us04web.zoom.us/j/261155277>

By phone:

**1-669-900-6833** Meeting/Personal ID 261-155-277

[RSPV@nextvillagesf.org](mailto:RSPV@nextvillagesf.org)

**If you’ve never used Zoom before, we encourage you to go to [zoom.us](file:///Users/sarahburke/Downloads/zoom.us) and look around. If you would like some help navigating, please let us know PRIOR TO THE EVENT at** [**info@nextvillagesf.org**](mailto:info@nextvillagesf.org) **and we will do our best arrange that!**

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**LUNCH IS SERVED!   
Lunch with the Bunch!–** Get some take out and meet us at Zoom! (Phone or computer)

**Wednesday, April 15th, 11:30-12:30 or so.**

**Locals recommend, and many of you liked them:** Yarsa is a new Nepalese restaurant in North Beach that is really struggling because they are too new to have much of a following. We just got takeout and everything was absolutely fantastic. (Butter chicken, naan, cauliflower, saag paneer, spicy chicken, eggplant, lentils- yes we went a little nuts lol.) It would be a real shame to lose such a great addition to the neighborhood. They are doing takeout and delivery through GrubHub and DoorDash. Please try them if you can

Join Zoom Lunch Meeting

<https://us04web.zoom.us/j/285604638>

No password required

By phone: 669-900-6833 Meeting ID: 285 604 638

You can [RSVP@nextvillagesf.org](mailto:RSVP@nextvillagesf.org)

**If you’ve never used Zoom before, we encourage you to go to [zoom.us](file:///Users/sarahburke/Downloads/zoom.us) and look around. If you would like some help navigating, please let us know PRIOR TO THE EVENT at** [**info@nextvillagesf.org**](mailto:info@nextvillagesf.org) **and we will do our best arrange that!**

**Death Café - Circle of Sharing** Time: Apr 21, 2020 01:00 PM Pacific Time (US and Canada) Via Zoom

Welcome back, Meg!

A unique opportunity to share what’s on your mind regarding this often-unspoken subject. It’s not morbid, we promise! If ever we needed a place to talk about death, this is it!

**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. Even though you will all be in your homes, please enjoy some tea and cake during the call!

Join Zoom Meeting

<https://us04web.zoom.us/j/222243886>

By phone: 669-900-6833

Meeting ID/Personal ID: 222 243 886

**If you’ve never used Zoom before, we encourage you to go to [zoom.us](file:///Users/sarahburke/Downloads/zoom.us) and look around. If you would like some help navigating, please let us know PRIOR TO THE EVENT at** [**info@nextvillagesf.org**](mailto:info@nextvillagesf.org) **and we will do our best arrange that!**

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

**April 22, 4-5 pm**[**https://us04web.zoom.us/j/547842625**](https://us04web.zoom.us/j/547842625)no password required

**By phone: 1-669-900-6833**

Meeting/Personal ID: 547-842-625

**If you’ve never used Zoom before, we encourage you to go to [zoom.us](file:///Users/sarahburke/Downloads/zoom.us) and look around. If you would like some help navigating, please let us know PRIOR TO THE EVENT at** [**info@nextvillagesf.org**](mailto:info@nextvillagesf.org) **and we will do our best arrange that!**

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**Technology Teach-in – by phone!**

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

**Let us know what you need and we’ll connect you with Harrison or another great volunteer** who can help you by phone.

**Technology Support - phones, i-Pads, tablets, email, etc.**

**Members only. RSVP@nextvillagesf.org**

**or 415-888-2868.**

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**社交距離更新：**

公共衛生指令仍然生效: 居民如非必要外出，應留在室內。出外時也要遵守社交距離指引。相關訊息請點閱: <https://sfmayor.org/article/san-francisco-issues-new-public-health-order-requiring-residents-stay-home-except-essential>。

**高風險居民**

* 有關對 6 0歲以上弱勢社群指引，請瀏覽 : <https://sf.gov/stay-healthy-older-adults>
* 有關為受新型冠狀病毒疫情影響人士的服務，可瀏覽網頁： <https://sf.gov/topics/coronavirus-covid-19>
* 有關為無家可歸者所有提供的服務，可瀏覽網頁：<https://sf.gov/information/covid-19-and-people-experiencing-homelessness>

**工作場所和企業**

* 留守家中公共衛生指令生效時必要商業服務的指引，請瀏覽網址：<https://sf.gov/coronavirus-safety-essential-businesses>
* 有關對商業及員工提供的資源，請瀏覽**經濟及勞動力發展辦公室**網站：<https://oewd.org/resources-businesses-and-employees-impacted-covid-19>

**From the Director:**

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With so much uncertainty about the Coronavirus, when we will be able to socialize again, when things will return to ‘normal’? etc., there is not a lot of joy right now. We all have to find ways to try to cope, and we at NEXT hope that we have been helpful by utilizing our wonderful volunteers to make check-in calls to all of our members, running to the store and pharmacy for many of you, and waiving our membership fees so that any senior that lives in District 2 or 3 can get help when they need it.

I am missing my new granddaughter so much, so I welcome daily photos and facetime sessions with her. These photos lift my spirits, and I share them with you because there’s nothing cuter than a sweet baby to make you smile. I hope to see her soon!

Evi with ‘bun bun’

Until we are all together again, take care, stay inside, wash your hands, and I’ll see you 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

**EyeCare America ophthalmologists volunteer from their offices.**

EyeCare America provide medical eye exams and care often at no out-of-pocket-cost to older Americans who are eligible through their online questionnaire at: [www.aao.org/eyecareamerica](http://www.aao.org/eyecareamerica). Anyone can see if they or others are eligible to be matched with one of the 5000+ volunteers throughout the US.

Eye Screenings are often conducted at schools, through non-profit organizations and some health fairs. To find a list of practicing ophthalmologists in specific cities, visit [www.aao.org](http://www.aao.org/) to search online using a button called “Find an EyeMD”. EyeCare America does not send volunteers to screenings. It’s up to each ophthalmologist to decide whether they are available/willing to volunteer for eye screenings.

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Post Office Box 330278  
San Francisco, CA 9413

**Your April** newsletter is here!