

**Join us for two Special Live & Learn events**

**Cultivating Optimism and Resilience in  
Uncertain Times: Enhance Your Coping  
Skills Using Positive Psychology**

**Thursday, May 7, 1-3pm**

This free webinar is designed to give you tools that will help manage the challenges you encounter, especially in light of the current COVID-19 health crisis. Discover ways to satisfy your need for connection, even while practicing physical distancing. You will learn how to use evidence-based strategies grounded in Positive Psychology that, with practice will help you develop new coping skills, improve life satisfaction, and foster greater resilience in the face of adversity.

**Presented by Hope Klein Levy ~**

Hope Levy has twenty-plus years of experience in education and training, gerontology and career development. The common thread throughout her career is a passion for lifelong learning. She has provided professional and personal development programs in educational environments such as City College San Francisco and University of Hawaii, as well as to organizations through her consulting practice, [There's Always Hope](#). Hope holds an MA in Gerontology and an MA in Special Education, both from San Francisco State University.

<https://us02web.zoom.us/j/84782030891>  
Phone: 669 900 6833 \*plus\* Meeting ID:  
847 8203 0891 **RSVP requested but not  
required** : [bit.ly/NEXT-Reg](https://bit.ly/NEXT-Reg) o



**Legal Planning for a Crisis -- 3 Part  
Series**

Three-part series on legal, health and long-term care issues. Presented by Michael Gilfix, Myra Gerson Gilfix, & Mark Gilfix of Gilfix & La Poll



**Gov. Newsom:  
California will pay  
restaurants to  
make, deliver meals  
to senior citizens.  
Program aims to  
keep vulnerable**

**population well-fed during the COVID-19 crisis  
while stimulating the economy.**

**Call 211 to determine your eligibility. You may be  
eligible even if your income is on the higher side.**

To be eligible for meals, seniors must have incomes below 600 percent of the federal poverty level (around 70,000 per year) and must either be at high-risk of exposure to COVID-19, already impacted or exposed directly to COVID-19, or have compromised immune systems.

Restaurants will be reimbursed \$16 for each breakfast, \$17 for each lunch and \$28 for each dinner from a combination of FEMA and state funding. Meals must meet nutritional guidelines set forth by the program.

“I keep saying nutrition for a reason,” Newsom explained. “We want to make sure we’re focused on locally produced produce. We want to connect our farms to this effort. We want to focus our values throughout the state of California to get a lot of independent restaurants up and running again as well and have a diversity of options — and make sure that what we’re sending to our seniors is low sodium.”

“Counties will identify those eligible, but prospective participants should call their local 211 line to sign up”, Newsom said.

No word on when this program will start up but we’ll let you know. In the meantime, feel free to call 211 on your own and get the process started.

## **VOLUNTEERS – WANT TO HELP? MEMBERS – NEED SOMETHING?**

Please contact Molly at (858) 245-5575, 8:30 am-5pm, M-F, or by email at: [molly@nextvillagesf.org](mailto:molly@nextvillagesf.org). Thank you. And a hearty thank you to all of the truly outstanding volunteers making check-in calls, grabbing groceries, delivering food, masks, and providing helpful resource info to our members. We're eternally grateful to all of you.



### **\*ACTIVITIES IN MAY –**

All events are open to all – This includes new events at NEXT Village & District 2 University.

PLEASE WATCH FOR UPDATES OR CHECK OUR WEBSITE: [WWW.NEXTVILLAGESF.ORG](http://WWW.NEXTVILLAGESF.ORG) –

**\*RSVP for any and all activities at <https://bit.ly/NEXT-Reg>**



### **Italian Conversation Group (D2U)**

**Weekly Thursdays (5/7, 5/14, 5/21, 5/28), 11am – Noon**

Join other Italians, Italian-Americans, and non-native Italian speakers who want to practice Italian in an informal and welcoming environment.

**Join Zoom Meeting:** <https://zoom.us/j/98270847419>,

**By phone:** 669-900-9128, **Meeting ID:** 982 7084 7419

**RSVP for any or all sessions:** [bit.ly/D2U-Italian](http://bit.ly/D2U-Italian)



### **Happy Hour: Celebrate Cuatro de Mayo on Zoom! (D2U)**

**Monday, May 4, 2020, 5 – 6 PM** No RSVP required. Invite a friend! Join us for a virtual Happy Hour for fun conversations from the comfort of your own home. Meet, talk and trade tips on how to enjoy life while sheltering in place. BYOB!

<https://zoom.us/j/92017424645> Phone: 669-900-9128 \*plus\* Meeting ID: 920 1742 4645

**RSVP (optional):** [bit.ly/NEXT-Reg](http://bit.ly/NEXT-Reg)



### **Death Café - Circle of Sharing Tuesday, May 5<sup>th</sup> & 19<sup>th</sup>, 1:00 PM TWICE Monthly!**



Many of the Death Café attendees asked for a little more connection during this crazy time. Kudos to our fearless leader, Meg, for agreeing to facilitate two times per month. 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!

<https://us02web.zoom.us/j/222243886> Meeting ID: 222 243 886 Phone: 1 669-900-6833 **RSVP:** [bit.ly/NEXT-Reg](http://bit.ly/NEXT-Reg)



## Virtual Grief Group brought to you by our friends at SF Senior Center – Aquatic Park

**Thursdays, May 7 through June 11, from 11am-12pm.**

San Francisco Senior Center - Aquatic Park, in collaboration with VITAS Hospice, is offering a **six week Zoom virtual grief group for those seeking emotional support during these difficult times**. As much of our day to day life has been impacted by the pandemic, so has our grief related to the losses in our life. Often when we are grieving, we can feel alone and isolated. When we add to that the social isolation imposed for safety reasons, the aloneness can be overwhelming. If you would like a place to talk about your experience, please plan to join the group which will be facilitated by Dale Poland, Bereavement Service Manager at VITAS Hospice.

To access the group meeting, please use this same information for every meeting. It's a unique ID just for .

<https://vitas.zoom.us/j/98059995596>

**Meeting ID: 980 5999 5596**

**1-669-900-6833**



## LIVE & LEARN:

### Legal Planning for a Crisis -- 3 Part Series

Advance registration required. Space is limited.



Three-part series on legal, health and long-term care issues.

Presented by Michael Gilfix, Myra Gerson Gilfix, & Mark Gilfix of Gilfix & La Poll Associates, LLP.

Presented in partnership with Stanford Club of SF.

## Session 1: Legal Planning for a Crisis --Making Sure You and Your Family Are Covered

**Thursday, May 7, 3 - 4 PM**

Advance Registration Required: <https://nextsf.helpfulvillage.com/events/1313>

Coronavirus has raised our awareness of the importance of understanding the steps we must all take to ensure that we and our families are legally covered, however many people have not written down their wishes or communicated them to their families. We will discuss ways to communicate with your family to plan for these situations.

**Join Zoom Meeting:** <https://zoom.us/j/91570418753>, **By phone:** 669-900-9128, **Meeting ID:** 915 7041 8753

## Session 2: Medical Decision Making and Patient Advocacy in a Crisis: Being Prepared

**Thursday, May 14, 3 - 4 PM**

Advance Registration Required: <https://nextsf.helpfulvillage.com/events/1314>

Are you and your family be prepared if you must go to the hospital? This timely discussion will focus on critical legal and patient advocacy issues. This will also explore the importance of properly drafted Advance Health Care Directives.

**Join Zoom Meeting:** <https://zoom.us/j/95894192249>, **By phone:** 669-900-9128, **Meeting ID:** 958 9419 2249

Legal Planning for a Crisis -- 3 Part Series, continued.

### Session 3: Multi-Generational Planning for Quality Long Term Care

**Thursday, May 21, 3 - 4 PM**

Advance Registration Required: <https://nextsf.helpfulvillage.com/events/1315>

This webinar will explain the “spectrum of long-term care,” which includes everything from home-based care to skilled nursing facilities (SNFs). It will describe the alternative approaches to paying for the cost of care. This will include self-funding, smart use of home equity, LTC insurance, and government-based programs.

Emphasis will be placed on multi-generational planning steps to protect the family home and other assets while qualifying for Medi-Cal, which can pay for skilled nursing care. Planning to “stay at home” will include the under-utilized PACE and the VA Aid and Attendance programs.

**Join Zoom Meeting:** <https://zoom.us/j/99846765479>, **By phone:** 669-900-9128, **Meeting ID:** 998 4676 5479



### NEXT Village's Monthly Writing Group – **TWICE Monthly!**

**Featuring JACKIE HEWITT**

**Online and Open to everyone!**

**We are an informal, facilitated writing group.**

**Mondays at 1:00 – 2:45pm: May 11, May 25 (Yes, we know...it's Memorial Day!)**

**Monday May 11 and 25<sup>th</sup> at 1pm**

**Join Zoom Meeting:**

<https://us02web.zoom.us/j/87122467685>

Meeting ID 871 2246 7685

**Or Join By phone:** 669-900-9128 PLUS Meeting ID 871 2246 7685 **RSVP:** [bit.ly/NEXT-Reg](http://bit.ly/NEXT-Reg)



### **cHeeRS! hAPPY hOUR, with Ms. Kim**

**Come mix and mingle with other NEXT members**

**Monday, May 11, 4-5pm**

Everyone is welcome! By Zoom or by Phone:

**Join Zoom Meeting:** <https://us04web.zoom.us/j/261155277>

**By phone:** 669-900-6833 **Meeting/Personal ID** 261-155-277

**RSVP:** [bit.ly/NEXT-Reg](http://bit.ly/NEXT-Reg)





## Armchair Travel: We're Going to Cuba! (D2U)



Tuesday, May 12, 2020, 11 am – Noon

RSVP: <https://nextsf.helpfulvillage.com/events/1316>

While your Bucket List travel adventures may be on hold for now, we invite you to join us for a virtual trip to Cuba – which was difficult for U.S. citizens to visit even before shelter in place began! Beth and Carla, two veterans of the travel industry will share some of their favorite places, discoveries and stories from their trips to give you a sense of why this is such a special place, regardless of politics.

**Join Zoom Meeting:** <https://zoom.us/j/94226370703>

For this event, we encourage you to join by computer, tablet or smartphone so you can see the slideshow photos. If you only want to hear the stories, you can join by phone: **1-669-900-9128** (San Jose, CA phone #). **Meeting ID:** 942 2637 0703 **RSVP:** [bit.ly/NEXT-Reg](http://bit.ly/NEXT-Reg)

## LUNCH IS SERVED! Lunch with the Bunch!– Get some take out and meet us at Zoom!



(Phone or computer)

**Wednesday, May 13, 11:30-12:30 or so.**

Join Zoom Meeting

<https://us02web.zoom.us/j/81144000379>

Meeting ID: 811 4400 0379 By phone: 669-900-6833

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



## TALK. LISTEN. SHARE \* NEW in May!

Women's Conversation Group returns! Featuring Alex & Leslie Pellegrini

**Wednesdays, May 13, 20, & 27th, 1pm**

Alex and Leslie have kindly stepped out of retirement to facilitate a bi-weekly women's conversation group to help get you through the pandemic. Thank you, Alex and Leslie  
(We'll start with Women in May and see if/when we can include Men.)

Login: <https://us02web.zoom.us/j/89771307757>

Phone: 669-900-9128 \*plus\* Meeting ID: 897 7130 7757 **RSVP:** [bit.ly/NEXT-Reg](http://bit.ly/NEXT-Reg)

**Trivial Pursuit with Teddy! NEW in May!**  
**Mark your calendar and join your neighbors for some fun trivia questions!**

**Fridays, May 15 & 29th 2020 01:00 PM**

<https://us02web.zoom.us/j/81535601423>

Meeting ID: 815 3560 1423 By phone: 669 900 6833 US (San Jose)

**RSVP:** [bit.ly/NEXT-Reg](http://bit.ly/NEXT-Reg)



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

**Wednesday, May 27, 4-5 pm. Join Zoom Meeting**

Join URL: <https://us02web.zoom.us/j/86054569087>

Meeting ID: 860-545-9087 By phone: 669-900-6833

**RSVP:** [bit.ly/NEXT-Reg](http://bit.ly/NEXT-Reg)



**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.

**Phones, i-Pads, tablets, email, Zoom.**

**Members only. [RSVP@nextvillagesf.org](mailto:RSVP@nextvillagesf.org) or 415-888-2868.**



**Smart Money Coaching - Free Financial Coaching Program.**



**We will offer a Zoom session in late June, but in the meantime, feel free to reach out to Travis for your own coaching session.**

Smart Money Coaching is a free and confidential financial coaching program that helps you with Banking, Budgeting, Credit, Debt, and Saving. We start where you are in your personal and financial life to address your specific financial needs and challenges. Your coach will take the time to understand your goals and collaborate with you on the steps to improve your financial life. In addition, Smart Money coaches can help you navigate sudden budget changes, assist drafting letters to creditors, develop a strategy to minimize debt and provide referrals to local, state, and national emergency services. Schedule a meeting today by calling 415-865-5534 or emailing [traviss@sfccenter.org](mailto:traviss@sfccenter.org).

## From the Director:

San Francisco – tough place to be during a pandemic, but you have to hand it to Mayor Breed, City staff, and Governor Newsom and staff for their response when it comes to seniors.

Sure, we're cooped up, and if we stay in our coops, we might be able to bust out, cautiously, on June 1<sup>st</sup>, but there are moratoriums on rent and utilities; transportation options opened up to more seniors (call 311 for info), and there are new food delivery programs; including 3x a day from restaurants, and extra food brought to you by Food Runners and NEXT volunteers, and organized by ace volunteer, Shannon Beal.

Face masks are now required, and NEXT was fortunate to receive 50 hand-sewn masks by clothing designer Andrew Linton ([andrewlintonshop.com](http://andrewlintonshop.com)) and delivered by ace volunteer Rita Gerald, and 200 from Supervisor Peskin.

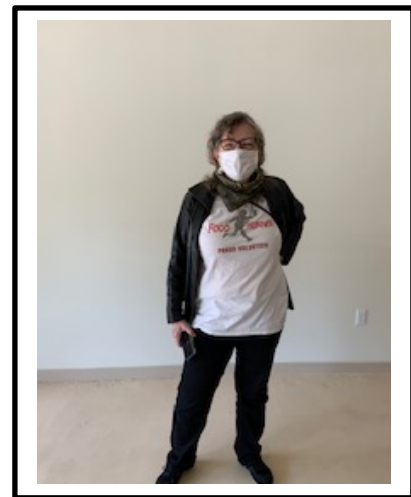
It could be worse! As friend of NEXT Village, Gyongky Laky quoted to me in a recent e-mail: "Hope is a verb with its shirtsleeves rolled up!" (Attributed to David Orr, professor of environmental studies at Oberlin College.)

Until we are all together again, take care, stay inside, wear your mask if you go out, and wash your hands. We'll see you Around the Village and at District 2 University!

Jacqueline

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

Check out our ace NEXT volunteers, and Food Runners staff, Linda Murley, as they prepare to deliver freshly-prepared food to some of our members. The program is just starting, (we are trying to get more volunteers to help deliver (M-W-F, 11-12) so we can add more people to this free tasty and helpful program. If you would like to be added to the wait list, or volunteer to deliver 3-4 meals near you, please contact us at [info@nextvillagesf.org](mailto:info@nextvillagesf.org) or call Molly at 858-245-5575. Thanks, Food Runners and NEXT volunteers, and Shannon Beal, who organized this, and Helen Doyle for being the on-site manager.



NEXTVillageSF

*At home, right where you are.*

Post Office Box 330278

San Francisco, CA 9413

Your **MAY** (second edition)  
newsletter is here!