

# NEXTVillageSF

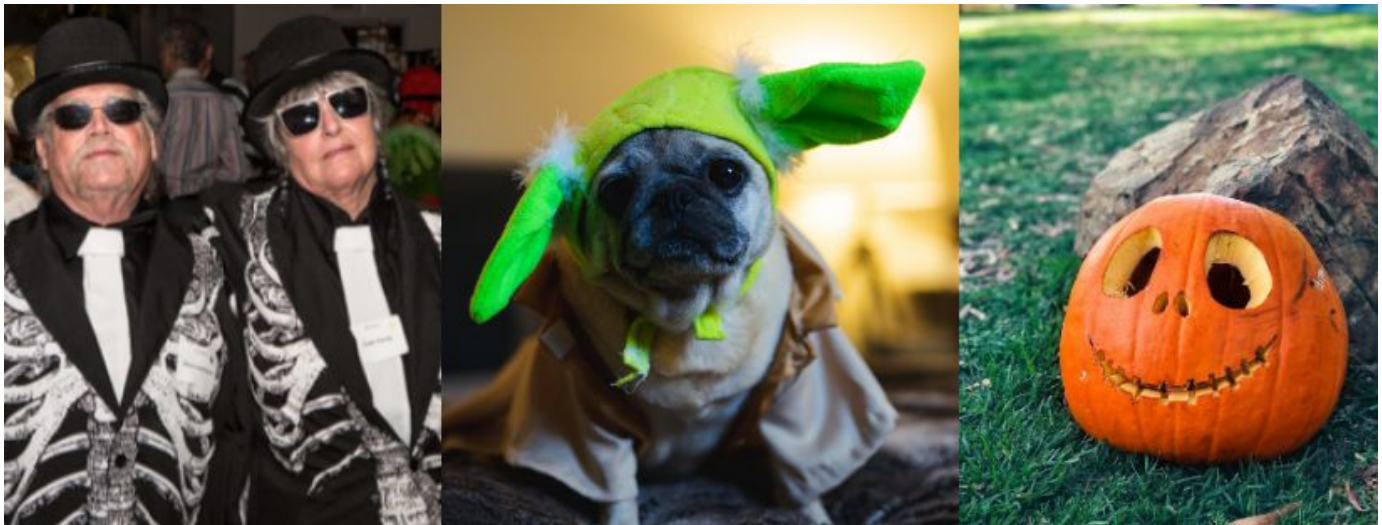
## Around the Village September 2020

### Message from the Director: Happy Halloween!

We are tenacious in our quest to host high quality, interesting, and fun social, cultural, and educational events. By now, nearly everyone has adapted to connecting via Zoom, and quite frankly, I'm so glad we have that option because sheltering-in-place is hard enough. To that end, we proudly bring you, via Zoom, our annual Halloween fundraiser!

Party for a good cause without leaving the comfort of your home.

This year's theme is: **People, Pets, & Produce!**



### We've got a series of great Halloween events for you!

- **Two Murder Mystery Mondays**, October 12th and 19th
- **Alfred Hitchcock's film, The Birds, followed by Q&A** Saturday, October 17th, with film critic
- **Prizes for 3 Costume Contests:** Dress up **yourself** (using items from around your house) **your pet**, and **decorate produce** as you would a pumpkin...even decorate a pepper or banana! Enter each contest by sending us a photo by October 9th. Entries will be judged by a jury of our peers and sponsors!
- **GRAND FINALE:** All events culminate in a final video event featuring the smart comedy of THE ONE AND ONLY [JOSH KORNBLUTH](#)! October 24th at 6:30pm.



**About Josh:** Josh is a Fellow at the Global Brain Health Institute, based at UCSF. Catch his new monologue, *Citizen Brain*, premiering (on Zoom) in October (info at <https://tinyurl.com/y63ccncc>); and check out his videos on brain science and social justice (confusingly, *also* titled "Citizen Brain") at [citizenbrain.org](http://citizenbrain.org). Go to his website, [joshkornbluth.com](http://joshkornbluth.com) to learn more about his work!

Tickets for any or all events start at just \$100 and will be available through our website soon: <https://nextvillagesf.org/halloween-2020>

## **HOW IT WORKS**

### **Murder Mystery:**

You can host your own team of 6-8 friends for a Murdery Mystery (we'll give you everything you need for a successful event at a time that works for you) or you can let us know you want to be added to one of the teams that we are arranging for Oct.12 or 19th.

### **Costume Contests:**

It's not Halloween without costume contests, so create your own, snap a photo and send to us by Oct. 9th, or we can take your costume photo via Zoom, or by sending a volunteer to your home to snap that winning shot of you, or your pet, or your produce, or all three! Entries will be shared during the grand finale on October 24th.

### **Movie**

NEXT will also provide a link to the famous movie, "The Birds" for you to watch from home, followed by a Zoom conversation and Q&A. October 17th.

### **Comedy:**

Log in to our fundraisers grand finale on October 24th at 6:30pm, and watch the witty, funny comedy of Josh Kornbluth!

Proceeds from Halloween In The Village will help us continue to provide support to seniors aging-in-place and services to those riding out COVID-19 at home.  
Please join us for any and all events.

**Jacqueline Zimmer Jones**

Executive Director

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

415-888-2868

# Village News

## Welcome New Board Member: Barbara Blake



NEXT welcomes Barbara Blake to the Board of Directors. Barbara is a long-time member of NEXT and an active participant in many NEXT events. She has been a bright spot in The Village, and looks out for her older neighbors.

Barbara is an entrepreneur with significant experience in coordination of investor conferences marketing; sales. Barbara was a deputy court clerk with SF Superior Court (20 years), Sustainer (Public) Docent SFMOMA (20 years), and volunteer tour guide for the Frank Lloyd Wright Home & Studio in Oak Park, IL. Her passions are in the arts, international travel, reading mystery novels, dancing, and she enjoys the

art of cookery and eating! Since arriving in SF from Chicago, IL, Barbara has lived in North Beach and is now resident manager of her apartment building. Welcome, Barbara!

## The Rachel Report

September 28th is National Good Neighbor Day. Our volunteers have been providing amazing support to their neighbors, especially this year, so we want to celebrate them! We will be posting profiles of our volunteers all month on Facebook and our website.

*Read about one of our great volunteers, Elle Odysseos:*

"I grew up in a small village in the southwest of London and have been in San Francisco for 8 years after moving here for my first "grown-up" job. Here in SF, I live in the quaint Russian Hill neighbourhood, just off the cable car street.

Back in March, at the start of the pandemic, I came across NEXT Village on a Nextdoor post asking for volunteers, and thought; I'm healthy, able and I want to help. I was matched with two ladies from Italy — sisters — both 90+ years young.

We've never met face-to-face and have only spoken on the phone or through the front door when I deliver their bags. Their shopping list is always written in perfect handwriting and accompanied with a thank you note. I look forward to the day that quarantine is over & I get to meet the lovely ladies I've been buying brioche & Italian cookies for in-person :)"



At home, right where you are.

Whether it's taking out the trash, running an errand, feeding next door's cat, bringing round some leftovers.. wearing a mask! It's the little things, the small gestures & interactions that can make all the difference.

Elle Odysseos  
NEXT Village SF volunteer



## Entertainment Swap!

We're all doing our best to stay entertained during shelter-in-place; especially when so many are used to popping into the shuttered library or local book store. Reading Circle leader, Kim Rotchy, and Reading Circle participant, Barbara Blake have started an Entertainment Swap. Bring your used books, movies, Jigsaw puzzles and other entertainment to recycle and share with other NEXT'ers.

Barbara and Kim will be at the NEXT Village office, 704 Filbert Street, Friday's from 11:15-12pm to accept your donations and let you pick some new to you entertainment to help you pass the quarantine time.

PS: Sadly this is not a social visit, but a quick exchange. Please remember your mask and practice social distancing.

## Death Cafe is looking for a new facilitator. Are you open to guiding this event?

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!

Please contact us at [info@nextvillagesf.org](mailto:info@nextvillagesf.org) if you'd like to help with this. Thank you.

## News You Can Use!

### All Californians to receive mail-in ballot

Election day is November 3, so now is the time to make sure you are registered to vote! Many have been purged from the voting rolls over the years. You can check the status of your registration on the California Secretary of State website: <https://voterstatus.sos.ca.gov>.

If you need to update your registration, you can do so on the California Secretary of State website: <https://registertovote.ca.gov/> You can also call (800) 345-VOTE (8683) to have an application mailed to you.

The deadline to register to vote for the November 3 election is **October 19**.

Due to the ongoing COVID-19 pandemic, Governor Gavin Newsom signed Executive Order N-64-20 authorizing all registered voters in California to automatically receive a mail-in ballot. However, if you want to vote in-person, that option will still be available. NEXT can help you check on your registration status, and we are organizing ballot pick-ups for those that need it.



# Discount Taxi Rides in SF

SFMTA’s Essential Trip Card is a discount program to help seniors and people with disabilities get transportation to and from necessary trips, such as medical appointments and grocery trips. The card covers 80% of the cost of a taxi ride, for up to \$60 worth of rides per month. To apply, call 3-1-1 and mention the Essential Trip Card.

## 与老人交流时的要点 认同感和接受包容是基本姿态

所谓接受包容，就是对老人的语言表达和流露出来的感情，既不否定也不肯定，而是全部接受；所谓认同感，就是理解老人的心情,给予温暖贴心的关怀。为了持续与老人的对话，始终坚持这两个姿态非常重要。

在和老人交谈时，可以在听老人讲话的同时,通过适时的点头，不时地用言语去应和老人。这样就可以让老人感觉到,“我的想法和价值观得到了认同”，“别人理解了我想说的内容”。此外，即便是难以交谈下去的话题，也不要基于自己的价值观去否定或斥责老人，接受包容老人的全部是交流的重要前提条件。

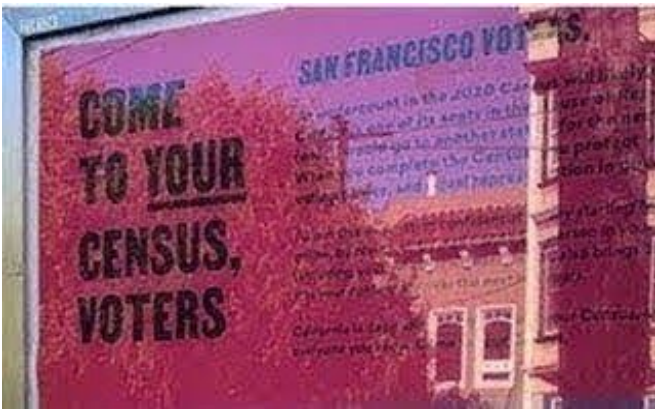
### · 开放的姿态

要想良好顺畅地和老人沟通交流，我们这一方“说什么”、“如何说”也非常重要，我们可以“主动出击”，和老人聊聊自己的家人、宠物、休息时喜欢做的事情等话题，说不准就能找到某些共通点，同时为老人提供多个选项，会让老人容易加入话题。最一开始的寒暄中，聊几句天气或季节显得非常自然，而故乡、兴趣爱好、宠物这些话题不仅非常容易提问，老人一方也很可能有不少可聊的内容，避免了苦于不知道说什么的尴尬，在你来我往、欢声笑语中一直愉快的聊下去。另外，老年人特别是男性，往往比较喜欢谈论新闻时事。聊起最近发生的事件或政治话题，老人自然也会变得兴致勃勃。

### · 保持耐心和从容

对待老人保持耐心和从容很重要。以没有时间为理由，心不在焉、敷衍了事的话，老人也会感受到这种没有诚意的态度，由此造成老人闭锁起来，不愿与人交流。

## LGBTQ News



Among major West Coast cities, only Los Angeles has a worse response rate on the 2020 census than San Francisco. Both urban centers are behind the national and statewide response rates for the decennial count of the country's population.

As of Friday, August 14, San Francisco's response rate stood at 62%, still behind its 2010 census response rate of 68.5%. With Los Angeles at 53.8%, the two major metropolitan areas are behind California's statewide response rate of 65.1% and the national response rate of 63.6%.

And due to a change made by census officials, there is little more than a month and a half left for people to fill out their census forms. Initially pushed back to October 31 due to the novel coronavirus outbreak having upended plans for the census count, the deadline for households to fill out their forms is now September 30.

"We are taking steps and adapting our operations to make sure everyone is counted, while keeping everyone safe," stated U.S. Census Bureau Director Steven Dillingham, Ph.D., August 14, in releasing the latest update on the count. "Our commitment to a complete and accurate 2020 census is absolute. In this challenging environment, we are deploying these tactics to make sure we reach every household in every community."

Continuing a trend the Bay Area Reporter has tracked all year long, San Francisco remains a laggard in terms of census [response rates](#) when compared not only to major metropolitan areas in California, Oregon, and Washington states but also other densely populated counties in the Golden State. For instance, the city of San Diego is at 69.9%, San Jose is at 72%, Portland is at 70.8%, and Seattle is at 73.8%. **BE COUNTED! GO TO: <https://my2020census.gov>**

## Exercise at Home

Want to exercise from the comfort of your living room? Check out these links below to online workout videos for stretching, balance and preventing falls.

Let's Move with Balance: 30minute Chair exercise class:

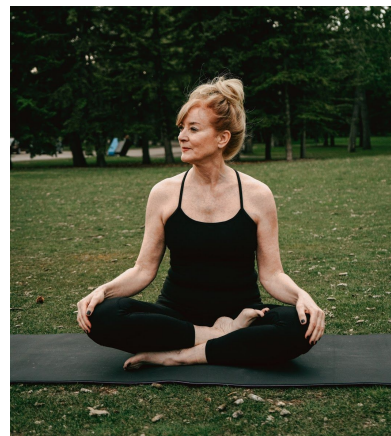
<https://youtu.be/iLqyeVeRHGQ>

25 Minute standing workout: <https://youtu.be/eLCIKvN9Qag>

20 Minute Indoor Walk with Weights: <https://youtu.be/brOtds0XZ3Y>

Balance Exercises: <https://youtu.be/EO42oECKtl>

Fall Prevention Made Easy With Mary Lewis: <https://youtu.be/Z3VePX7EdFk>



# September Event Details

If you need help registering for our events, please contact [rsvp@nextvillagesf.org](mailto:rsvp@nextvillagesf.org) or call 415-888-2868. You can also register here: <https://bit.ly/NEXT-Reg>

## WOMEN'S Wednesday CONVERSATION GROUP (D2U)



**Every Wednesday | 1:00 PM - 2:00 PM**

Alex and Leslie Pellegrini continue their popular facilitated weekly women's conversation group. This has become a highlight of the week for women wanting to have a weekly anchor event to keep them laughing and connected (via a socially distanced Zoom gathering!). You never know what questions will be asked as you learn more about each other's interests, values, and lives.

9/02 Register: <https://nextsf.helpfulvillage.com/events/1461>

9/09 Register: <https://nextsf.helpfulvillage.com/events/1466>

9/16 Register: <https://nextsf.helpfulvillage.com/events/1463>

9/23 Register: <https://nextsf.helpfulvillage.com/events/1464>

9/30 Register: <https://nextsf.helpfulvillage.com/events/1465>

**Zoom Link:** <https://us02web.zoom.us/j/85771529969>

**Phone:** 1-669-900-6833, **Meeting ID:** 857 7152 9969

## ITALIAN CONVERSATION GROUP (D2U)



**Every Thursday | 11:00 AM - 12:00 PM**

Join other Italians, Italian-Americans, and non-native Italian speakers who want to practice Italian in an informal and welcoming environment. This is a casual Zoom gathering where people can use and practice Italian in conversation. No judgement, no pressure! Join us every week, or whenever you can.

9/03 Register: <https://nextsf.helpfulvillage.com/events/1467>

9/10 Register: <https://nextsf.helpfulvillage.com/events/1468>

9/17 Register: <https://nextsf.helpfulvillage.com/events/1469>

9/24 Register: <https://nextsf.helpfulvillage.com/events/1470>

**Zoom Link:** <https://us02web.zoom.us/j/85853100123>

**Phone:** 1-669-900-6833, **Meeting ID:** 858 5310 0123

## DRINK & DRAW WITH LUCIA GONNELLA



**Friday, 9/04 | 1:00 PM - 3:00 PM**

Learn to paint with watercolors! No experience with watercolor required. You may also use pencils.

**Register:** <https://nextsf.helpfulvillage.com/events/1455>

**Zoom Link:** <https://us02web.zoom.us/j/81358369888>

**Phone:** 1-669-900-6833, **Meeting ID:** 813 5836 9888

## LUNCH WITH THE BUNCH



**Wednesday, 9/09 | 11:30 AM - 12:30 PM**

Get some take out and meet us at Zoom! (Phone or computer)

**Register:** <https://nextsf.helpfulvillage.com/events/1458>

**Zoom Link:** <https://us02web.zoom.us/j/85481910246>

**Phone:** 1-669-900-6833, **Meeting ID:** 854 8191 0246

## STRESS BUSTERS - DISCUSSION GROUP (D2U)



**Thursday, 9/10 | 3:00 PM - 4:00 PM**

Stress Busters workshops or discussion groups will alternate every 2 weeks to help us get through the pandemic together! In our monthly Stress Busters workshop (see next workshop on 9/24), Eileen and Gary provide lessons on 5 steps for reducing stress. In addition to workshops, each month they will offer an informal discussion group to provide a more interactive opportunity for us to share and discuss concepts from the workshops in more depth. Join us to get personalized tips as well as a more in-depth understanding of how to

apply the steps learned in workshops to your life. The 5 steps can be found at <http://www.123dingsum.org/how-to-ding-sum>

**Register:** <https://nextsf.helpfulvillage.com/events/1473>

**Zoom Link:** <https://us02web.zoom.us/j/84421830395>

**Phone:** 1-669-900-6833, **Meeting ID:** 844 2183 0395



## MOBILE PAYMENTS 101: USE APPS TO SEND MONEY SAFELY



**Friday, 9/11 | 11:00 AM - 12:00 PM**

Reimbursing NEXT Village volunteers or others who pick up your groceries is easy with mobile applications like Venmo, PayPal, and Apple Pay. Most major banks also have a service that allows you to securely send payments to individuals. Join us to learn how to use your smartphone or computer to securely send money while minimizing contact with other people.

**Register:** <https://nextsf.helpfulvillage.com/events/1472>

**Zoom Link:** <https://us02web.zoom.us/j/81177135444>

**Phone:** 1-669-900-6833 , **Meeting ID:** 811 7713 5444

## TRIVIAL PURSUIT WITH TEDDY



**Friday, 9/11 | 1:00 PM - 2:00 PM**

Test your knowledge of the Food & Drink of SF! Mark your calendar and join your neighbors for some fun trivia questions! Challenge last month's first winner, Janet Crane!

**Register:** <https://nextsf.helpfulvillage.com/events/1459>

**Zoom Link:** <https://us02web.zoom.us/j/81535601423>

**Phone:** 1-669-900-6833 , **Meeting ID:** 815 3560 1423

## WRITING GROUP



**Every Other Monday | 1:00 PM - 2:45 PM**

We are an informal, facilitated writing group. Online and Open to everyone!

**9/14 Register:** <https://nextsf.helpfulvillage.com/events/1456>

**9/28 Register:** <https://nextsf.helpfulvillage.com/events/1457>

**Zoom Link:** <https://us02web.zoom.us/j/82383945456>

**Password:** 951696

**Phone:** 1-669-900-6833 , **Meeting ID:** 823 8394 5456

## CHEERS! HAPPY HOUR, WITH MS. KIM



**Monday, 9/14 | 4:00 PM - 5:00 PM**

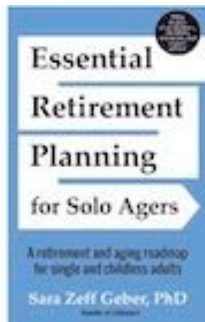
cHeeRS! hAPPY hOUR, with Ms. Kim. Come mix and mingle with other NEXT members. Everyone is welcome! By Zoom or by Phone!

**Register:** <https://nextsf.helpfulvillage.com/events/1445>

**Zoom Link:** <https://us02web.zoom.us/j/76329624836>

**Phone:** 1-669-900-9128, **Meeting ID:** 763 2962 4836

## SOLO AGERS: MONTHLY DISCUSSION GROUP



**Wednesday, 9/16 | 3:00 PM - 4:00 PM**

Many "Solo Agers" who are single or married without children have questions and concerns about the future. Join us each month to discuss a different topic to help Solo Agers learn about resources and options available as well as to compare tips and ideas. This is a great forum to talk with others and learn from each other as well as our speakers. Solo Agers also include people whose children or extended family live far away or are not part of your daily life.

**Register:** <https://nextsf.helpfulvillage.com/events/1476>

**Zoom Link:** <https://us02web.zoom.us/j/85213544601>

**Phone:** 852 1354 4601, **Meeting ID:** 852 1354 4601

## MY LIFE MY STORIES - MEMOIR MAKING PROGRAM (D2U)



**Thursday, 9/17 | 1:00 PM - 2:00 PM**

Many of you have said you intend to write down your memoirs "someday." Here's your opportunity to have your own personal "ghost writer" who will listen to your stories, record, transcribe and edit them for free! In this session, Brittany Bare, founder of My Life, My Stories (an SF-based nonprofit whose mission is to build intergenerational connections through the power of storytelling) will tell you about their unique program. My Life, My Stories provides an opportunity for you to

record your legacy while engaging in meaningful conversation with a younger adult. Participants who do the program will receive a free printed hardcover book to share with friends and family. Learn more at [mylifemystories.org](http://mylifemystories.org)

**Register:** <https://nextsf.helpfulvillage.com/events/1452>

**Zoom Link:** <https://us02web.zoom.us/j/89635340221>

**Phone:** 1-669-900-6833, **Meeting ID:** 896 3534 0221

## IMPROV THIS! IMPROVISATION THEATER CLASS (D2U)



**Monday, 9/21 | 1:00 PM - 2:00 PM**

Join us for our first Improv class made up of games, exercises and techniques to create monologues and scenes. Everyone is welcome. No prior experience is necessary. Have fun with others using your own imagination! Instructor Louise Vogel and her group create a very positive, non-judgmental atmosphere. If you haven't done it before, give Improv a try. You might be surprised at what you can do and how much fun you can have!

**Register:** <https://nextsf.helpfulvillage.com/events/1451>

**Zoom Link:** <https://us02web.zoom.us/j/84398272159>

**Phone:** 1-669-900-6833, **Meeting ID:** 843 9827 2159

## CANDIDATE FORUM: DISTRICT 3 BOARD OF SUPERVISORS

**Wednesday, 9/23 | 5:30 PM**

NEXT is collaborating with North Beach Neighbors, North Beach Business Association, Telegraph Hill Dwellers, and Barbary Coast Neighborhood to host a District 3 Board of Supervisors candidate forum. All are welcome to 'meet' the candidates and hear their perspectives on issues of the day. Link to the event will be sent prior to the event.

**Register:** <https://nextsf.helpfulvillage.com/events/1477>

## READING CIRCLE WITH MS. KIM



**Wednesday, 9/23 | 4:00 PM - 5:00 PM**

Reading Circle with Ms. Kim. Read what you like and tell us about it!

**Register:** <https://nextsf.helpfulvillage.com/events/1446>

**Zoom Link:** <https://us02web.zoom.us/j/88205552803>

**Phone:** 1-669-900-9128, **Meeting ID:** 882 0555 2803

## STRESS BUSTERS WORKSHOP (D2U)



**Thursday, 9/24 | 3:00 PM - 4:00 PM**

For many of us, it's hard not to be stressed and anxious in the midst of challenging times. In monthly Stress Buster workshops, we'll learn how stress starts and a simple, effective, five-step process to reduce stress and help you better respond to situations in a helpful way. Leave each session with new insights on how to better handle whatever life throws at you!!

**Register:** <https://nextsf.helpfulvillage.com/events/1449>

**Zoom Link:** <https://us02web.zoom.us/j/84421830395>

**Phone:** 1-669-900-6833, **Meeting ID:** 844 2183 0395

## TECH TEACH IN – GET MORE FROM YOUR SMARTPHONE



**Friday, 9/25 | 1:00 PM - 2:45 PM**

Tech Teach In – Get more from your smartphone (Android and iPhone)

**Register:** <https://nextsf.helpfulvillage.com/events/1399>

**Zoom Link:** <https://us02web.zoom.us/j/87019545292?>

**Password:** 683822

**Phone:** 1-669-900-6833, **Meeting ID:** 870 1954 5292

## ARMCHAIR TRAVEL: LEGENDARY PLACES ROUND THE WORLD



**Friday, 9/25 | 1:00 PM - 2:30 PM**

Until you can safely venture to far flung destinations again, we invite you to join fellow travel-aholics for this month's virtual adventure. In 2004 Kathleen Cruise had the opportunity to go on the journey of a lifetime and explore twelve of the world's most legendary places — places that define human experience, where physical splendor merges with the majesty of human achievement. Kathleen shares her around the world expedition by private jet to Lima, Cusco and Machu Picchu, Peru; Easter Island; Rarotonga, Cook Islands; Uluru, Australia; Papua New Guinea; Angkor Wat, Cambodia; Kingdom of Bhutan; Agra (Taj Mahal), India; Addis Ababa and Lalibela, Ethiopia; Bamako and Timbuktu, Mali; and Marrakech, Morocco. This event is sure to add destinations to your Bucket List!

**Register:** <https://nextsf.helpfulvillage.com/events/1450>

**Zoom Link:** <https://us02web.zoom.us/j/86124948615>

**Phone:** 1-669-900-6833, **Meeting ID:** 861 2494 8615



# Air Quality + COVID-19

## Health and Safety Tips

If the smell of smoke is present, it is important that Bay Area residents protect their health by avoiding exposure. If possible, stay inside with windows and doors closed until smoke levels subside. Set air conditioning units and car vent systems to re-circulate to prevent outside air from moving inside. Smoke can irritate the eyes and airways, causing coughing, a dry scratchy throat and irritated sinuses. Elevated particulate matter in the air can trigger wheezing in those who suffer from asthma, emphysema or COPD. Elderly persons, children and individuals with respiratory illnesses are particularly susceptible to elevated air pollution levels and should take extra precautions to avoid exposure.

If you are in an affected area and need to go outside, ensure you are practicing social distancing (staying 6 feet apart from people outside of your household), cover your cough, wash your hands frequently and wear face coverings per public health recommendations to reduce the spread of COVID-19.

### **Contact your health care provider if you experience any of the following symptoms:**

- Repeated coughing
- Shortness of breath or difficulty breathing
- Wheezing
- Chest tightness or pain
- Palpitations
- Nausea or unusual fatigue
- Lightheadedness

As always, if you or someone you know is experiencing a life-threatening emergency, **call 911.**

### **Respirators and Masks**

COVID-19 is circulating in our community and the best way to protect yourself from the virus and poor air quality is to stay indoors. Face coverings should be worn outside to prevent the spread of the virus

### **N-95 Respirators**

N-95 respirators are no substitute for being indoors. If you need to go outside and have access to an N-95 respirator, here is what you need to know.

- N-95 respirators may not be helpful for all people, when trying to avoid smoke exposure and may be dangerous for certain people with lung or heart conditions
- Certified N-95s are not available for children. Children should not wear these masks; they do not fit children properly and can impede breathing
- If you choose to wear an N-95 respirator, follow the manufacturer's recommendations for proper fit
- Wearing an ill-fitted N-95 respirator can lead to a false sense of security about smoke protection and to over exertion
- Taking an N-95 respirator on and off can cause fine particulate matter to build up in the respirator, which the wearer will breathe when it is put back on the face
- N-95 respirators, even when worn properly, can become uncomfortable and hot



City & County of San Francisco

**NEXT Village SF**  
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**San Francisco, CA 94133**

**Your September  
Newsletter is here!**