

NEXTVillageSF



Message from the Director

Happy Birthday to us and Happy Holidays to you!

Adios 2020

I can't tell if this year has gone incredibly fast or incredibly slow. If ever there was a year to be done with, it's 2020. So, join us as we wish 2020 a not-so-fond farewell and ring in 2021 early on Tuesday, Dec. 30th at 5pm.

Since Positivity is contagious, we'll have some good icebreaker questions that will direct us to share the good that we encountered in spite of the shelter-in-place, and we'll show some fabulous fireworks to send 2020 out with a bang!

It's our 10th Anniversary!

Like all of you with Covid birthdays, NEXT gets a 'do-over' for our 10th anniversary in 2021. We planned to celebrate at our annual Spring Fling. Nope. We regrouped and planned it for December. Nope again! With a vaccine on the horizon, we may get to host it *next* December.

In the meantime, we thank you again for your support throughout the year, and hope that you will remember us in your holiday and year-end donations. This is a great time to donate in honor of *your* favorite senior; perhaps an aunt, a grandparent, or a neighbor. Watch for our birthday card in your mail. If you'd like to donate immediately, call us, or go to <https://nextvillagesf.org/donate-2/#donateonline>

Happy Holidays.



Jacqueline Zimmer Jones
Executive Director
jjones@nextvillagesf.org
[415-888-2868](tel:415-888-2868)

Catch up on what's new Around The Village:

Volunteer Corner

The holiday season is here and many people you know may be looking for ways to get involved in volunteering. Please send them our way! We need more volunteers that can help deliver meals, grocery shop, make friendly calls, and more. Ask your friends and family that live in SF to email Rachel (rachel@nextvillagesf.org) if they want to get involved. Your referral makes a huge difference. Thank you!

Member-Volunteer Covid waivers coming your way. Watch your email for our waiver-release form. When it arrives, please sign so that in the event we provide a service where you have masked, safe-distance contact that you are clear about the risks.



Shout out to to community partners & other do-gooders!

Gobble, Gobble to Reid and Pauline Rankin – these two chef's donated three Mesquite BBQ Turkeys with all the fixings to NEXT as a Thanksgiving fundraiser. Funds were raised! Tummy's are full! Thank you for your creative cooking and fundraising idea!

SPECIAL THANKS TO [SUSIECAKES](#) AND [LORD STANLEY](#) FOR PROVIDING THE TASTY THANKSGIVING TREATS TO OUR MEMBERS FOR OUR 1ST FRIENDSGIVING!

Go online and order some delicious treats from SuzieCakes, (Chestnut & Stockton) and definitely order lunch or dinner from Lord Stanley (Polk & Broadway). Our community partners are THE BEST!

Join us on Zoom!

December Events & Details

How to register for events at NEXT Village & D2U

Please use the link provided for each event you are interested in attending. If you need help registering, please contact rsvp@nextvillagesf.org or call [415-888-2868](tel:415-888-2868). You can also register here: <https://bit.ly/NEXT-Reg>

CALENDAR AT A GLANCE D E C E M B E R

MON	TUE	WED	THU	FRI
	1 Cardio & Strength	2 Tech Workshop Women's Group	3 Assistive Tech Italian	4 Drink & Draw
7 Writing Group	8 Cardio & Strength	9 Women's Group Lunch Bunch	10 Italian Stress Busters Chanukah 1st Night	11
14 Happy Hour Improv	15 Cardio & Strength	16 Book Club Death Cafe Women's Group	17 Italian Stress Busters	18 Trivial Pursuit Armchair Travel
21 Writing Group	22	23 Women's Group	24 *Christmas Eve Italian	25 *Christmas
28	29	30 Women's Group Good Riddance 2020!	31 *New Year's Eve Italian	*NEXT Village office is closed

Special Events in December

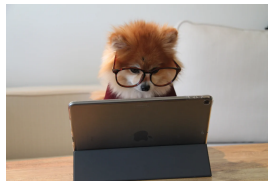


Tuesdays 12/1-12/15 | 11:00AM-12:00PM

HEALTHY AGING SERIES – Cardio & Strength

Join our Healthy Aging series for a three-part Cardio and Strength class. In this three part series, we will be going over the basics for maintaining physical health and well being. Our main focus areas will include cardio, strength, balance and mobility. Tony Jones is a certified personal trainer from the Bay Area. He loves to help his clients develop and maintain long term active lifestyles. He believes that exercise is as much a tool of self empowerment as it is a way to get in shape. He uses different training strategies and styles to help clients build self confidence, resilience, and stay active for life!

Non-member registration: <https://bit.ly/NEXT-Reg>



Wednesday 12/2 | 4:00-5:00PM

TAKE CHARGE OF YOUR TECH!

Join us for an informative class to hone your technology skills while learning to stay safe and connected online. Training will include email, calendaring, privacy and password protection. Start taking advantage of innovative tools that can change your life by learning what technology can do for you!

Phone: [1-669-900-6833](tel:1-669-900-6833), Meeting ID: [892 7195 2884](https://bit.ly/89271952884)

Non-member registration: <https://bit.ly/NEXT-Reg>



Thursday 12/3 | 1:30-2:30PM

OPPORTUNITIES FOR PARTICIPATION IN STANFORD'S ASSISTIVE TECHNOLOGY COURSE

Stanford's Perspectives in Assistive Technology course explores the design, development, and use of assistive technology that benefits people with disabilities and older adults. Join us to find out how you might get involved.

Phone: [1-669-900-6833](tel:1-669-900-6833) ID: [833 6145 4493](https://bit.ly/83361454493), Password 222

Non-Member Registration: <https://bit.ly/NEXT-Reg>



Thursday 12/10 | 4:00-5:00PM

CELEBRATE & LEARN ABOUT CHANUKAH – 1ST NIGHT CELEBRATION

We invite everyone to join us to learn about and celebrate together the first night of Chanukah (Hanukkah). You don't have to be Jewish to attend! Everyone is welcome to come and learn about the holiday, its history and traditions. Edith Kaplan will light the first night candle to begin the eight day celebration. We also welcome anyone who has a menorah to light theirs also!

Phone: [1-669-900-6833](tel:1-669-900-6833), ID: [886 3040 6628](https://bit.ly/NEXT-Reg),

Password: 222

Non-member registration: <https://bit.ly/NEXT-Reg>



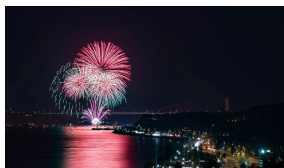
Friday 12/18 | 1:00-2:00PM

ARMCHAIR TRAVEL IN FINNISH LAPLAND: REINDEER, SANTA AND THE MAGIC OF THE ARCTIC CIRCLE IN WINTER

We're headed to the top of the world to experience Lapland, Finland in Winter with its snow flocked trees, ice hotels, Santa's home, and the elusive Aurora Borealis (Northern Lights). From snow mobiles, to reindeer sleighs and husky dog sleds, Carla and Gwen White will take us on an unforgettable virtual journey to the Arctic Circle.

Phone: [1-669-900-6833](tel:1-669-900-6833), ID: [816 7343 1146](https://bit.ly/NEXT-Reg), Password: 222

Non-member registration: <https://bit.ly/NEXT-Reg>



Wednesday, 12/30 | 5:00-6PM

Good Riddance, 2020... Hello 2021!

As this crazy year comes to a close (finally), we'll gather together on Zoom to bid it adieu.

In spite of a pandemic, orange skies, an interesting election and face masks becoming a fashion accessory, people found the positive in daily life.

Join us as we celebrate, laugh, look back at the year as we (re)connect with friends old and new. This will be a casual hour evening of fun as we get ready to ring in a New Year ... complete with fun questions and (virtual) fireworks!

Phone: [1-669-900-6833](tel:1-669-900-6833), ID: [835 3701 5356](https://bit.ly/NEXT-Reg)

Non-member registration: <https://bit.ly/NEXT-Reg>

Ongoing Events

WRITING GROUP December 7th & 21st

Twice Monthly – Mondays | 1:00 PM – 2:45 PM. Led by Jackie Hewitt

We are an informal, facilitated writing group. Online and open to everyone! Register in advance and receive the writing prompts for the next class, or just join in.

Member Registration: <https://nextsf.helpfulvillage.com/events/1541>

Non-Member Registration: <https://bit.ly/NEXT-Reg>

Phone: [1-669-900-6833](tel:1-669-900-6833), Meeting ID: [823 8394 5456](#) Password: 951696

WOMEN'S CONVERSATION GROUP – Dec 2, 9, 16, 23 & 30

Every Wednesday | 1:00 PM – 2:00 PM

Alex and Leslie Pellegrini's popular facilitated weekly women's conversation group. Learn more about each other's interests, values, and lives.

Member Registration: <https://nextsf.helpfulvillage.com/events/1587>

Non-Member Registration: <https://bit.ly/NEXT-Reg>

Phone: [1-669-900-6833](tel:1-669-900-6833), Meeting ID: [849 5953 5749](#), Password: 222

ITALIAN CONVERSATION GROUP – Dec 3, 10, 17, 24 & 31

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.

Member Registration: <https://nextsf.helpfulvillage.com/events/1581>

Non-Member Registration: <https://bit.ly/NEXT-Reg>

Phone: [1-669-900-6833](tel:1-669-900-6833), Meeting ID: [834 7840 9357](#), Password: 222

ENTERTAINMENT SWAP – Books, Puzzles...

Every Friday | 11:15 AM – 12:00 PM

Exchange your used books, movies, puzzles, and other entertainment to recycle and share with other NEXT'ers.

No need to register. Just drop by **704 Filbert Street @ Columbus**

DRINK & DRAW WITH LUCIA GONNELLA

Friday, 12/04 | 1:00 PM – 3:00 PM

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

Member Registration: <https://nextsf.helpfulvillage.com/events/1533>

Non-Member Registration: <https://bit.ly/NEXT-Reg>

Phone: [1-669-900-6833](tel:1-669-900-6833), Meeting ID: [813 5836 9888](#)

LUNCH WITH THE BUNCH

Wednesday, 12/09 | 11:30 AM – 12:30 PM

Get some take out and meet us at Zoom! (Phone or computer). Hosted by board chair, Janet Crane.

Member Registration: <https://nextsf.helpfulvillage.com/events/1537>

Non-Member Registration: <https://bit.ly/NEXT-Reg>

Phone: [1-669-900-6833](tel:1-669-900-6833), Meeting ID: [854 8191 0246](#)

STRESS BUSTERS – INTRODUCTORY WORKSHOPS

Thursdays, 12/10 & 12/17 | 1:00 PM – 2:00 PM

Learn the basics about Stress Busters in this weekly 8 part series. Learn how to reduce and better manage stress. Dates: Dec 10 and 17; and weekly in Jan, Thurs at 1PM.

Member Registration: <https://nextsf.helpfulvillage.com/events/1577>

Non-Member Registration: <https://bit.ly/NEXT-Reg>

Phone: [1-669-900-9128](tel:1-669-900-9128), Meeting ID: [881 8961 4817](https://88189614817), Passcode/phone: 848262, Passcode/web: bwksc

STRESS BUSTERS – INTERMEDIATE SERIES

Thursdays, 12/10-Discussion & 12/17-Workshop | 3:00 PM – 4:00 PM

Monthly "Intermediate" Discussion Groups and Workshops are aimed at people already familiar with the 5 step Stress Buster technique, however all are welcome to attend to learn about and discuss more advanced tools.

Phone: [1-669-900-6833](tel:1-669-900-6833), Meeting ID: [889 8304 9005](https://88983049005), Password: 222

Member Registration 12/10 Discussion Group: <https://nextsf.helpfulvillage.com/events/1579>

Member Registration 12/17 Workshop: <https://nextsf.helpfulvillage.com/events/1580>

Non-Member Registration for either/both: <https://bit.ly/NEXT-Reg>

IMPROV THEATER CLASS

Monday, 12/14 | 1:00 PM – 2:30 PM

Monthly Improv class made up of games, exercises and techniques. No prior experience is necessary. If you haven't tried it before, give Improv a try and see how much fun you can have! Instructor: Louise Vogel.

Member Registration: <https://nextsf.helpfulvillage.com/events/1586>

Non-Member Registration: <https://bit.ly/NEXT-Reg>

Phone: [1-669-900-6833](tel:1-669-900-6833), Meeting ID: [880 1937 9593](https://88019379593), Password: 222

CHEERS HAPPY HOUR WITH MS. KIM

Monday, 12/14 | 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!

Member Registration: <https://nextsf.helpfulvillage.com/events/1534>

Non-Member Registration: <https://bit.ly/NEXT-Reg>

Phone: [1-669-900-9128](tel:1-669-900-9128), Meeting ID: [763 2962 4836](https://76329624836)

READING CIRCLE WITH MS. KIM

Wednesday, 12/16 | 4:00 PM – 5:00 PM

Read what you like and tell us about it!

Member Registration:

<https://nextsf.helpfulvillage.com/events/1542>

Non-Member Registration: <https://bit.ly/NEXT-Reg>

Phone: [1-669-900-6833](tel:1-669-900-6833), Meeting ID: [882 0555 2803](https://88205552803)

DEATH CAFE

Wednesday, 12/16 | 2:00 PM – 3:00 PM

A unique opportunity to share what's on your mind regarding this often-unspoken subject. It's not morbid, we promise!

Member Registration: <https://nextsf.helpfulvillage.com/events/1498>

Non-Member Registration: <https://bit.ly/NEXT-Reg>

Phone: [1-669-900-6833](tel:1-669-900-6833) , Meeting ID: [899 9134 8936](tel:899-9134-8936)

TRIVIAL PURSUIT WITH Teddy Kramer!

Friday, 12/18 | 4:00 PM – 5:00 PM

Test your knowledge of the Holidays. Join your neighbors for some fun trivia questions!

Member Registration: <https://nextsf.helpfulvillage.com/events/1567>

Non-Member Registration: <https://bit.ly/NEXT-Reg>

Phone: [1-669-900-6833](tel:1-669-900-6833) , Meeting ID: [815 3560 1423](tel:815-3560-1423)

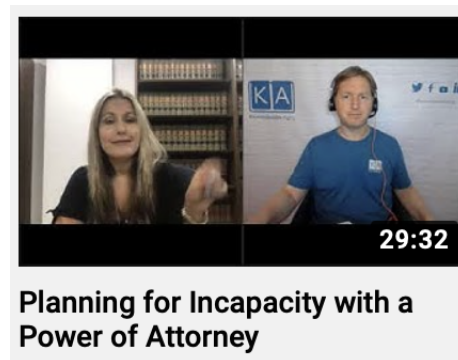
Helpful tips about policies and services

News You Can Use

Get good aging in place information via YouTube

The National Aging in Place Council (NAIPC), an association of in-home service providers for America's seniors, debuts a collection of educational videos on aging in place topics on NAIPC-TV via [YouTube](https://www.youtube.com/NAIPC-TV).

NAIPC also has a variety of downloadable documents and checklists to help create a customized Aging in Place plan at www.aginginplace.org. The popular Act III: Your Plan for Aging in Place walks families through ways to sustain a safe and secure lifestyle by addressing the five "pillars" of aging: housing, health and wellness, personal finance, transportation and social interaction.



LGBTQ News

Click [here](#) to follow the Bay Area Reporter



SFPL To-Go – Pick Up Library Books at Select Locations

San Francisco Public Library's version of "curbside pickup" provides contact-free service where patrons can pick up requested materials at the Marina, Chinatown and Main branches.

SFPL To Go is simple:

1. **PLACE A HOLD:** Request a book, DVD, audiobook, LP or other materials by
 1. Go to sfpl.org and place a hold through your library account
 2. Email info@sfpl.org or
 3. Call [415-557-4400](tel:415-557-4400) and speak to library staff.
2. **WAIT TO HEAR ITEMS ARE READY FOR PICK UP:** Check your inbox, mailbox or phone for a notification when you can pick up the items
3. **PICK UP YOUR ITEMS:** Make sure to wear a mask and stand six feet apart. Bring your library card or know the last 4 digits of your card.

Note: For safety, library staff at branches will not be able to answer general reference or other library questions. For reference or other questions: Call [415-557-4400](tel:415-557-4400), Email info@sfpl.org or for in-depth research questions, you can email a

librarian through <https://sfpl.org/services/ask-...> branches cannot accept book donations. Make an appointment to donate at Donation Center at 1630 17th St. at <https://www.friendssfpl.org/donatebooks.html>

The library also offers eBooks, audiobooks and movies you can check out to read or view on your digital devices.

General library information: <https://sfpl.org>

SFPL To Go Locations and more information, visit <https://sfpl.org/sfpl-to-go>

Chinese Community News

60岁以上的老年人血糖值是多少？

糖尿病是一种代谢性疾病，如果胰岛素分泌出现缺陷或其生物作用受损时，可能就会出现血糖偏高或者糖尿病。人体内的血糖是会波动的，但是正常的情况下，上下波动的幅度较小，但是如果血糖过高或患有糖尿病的人，血糖值就会远远地高于血糖标准值，对于超过60岁的老年人来说，正常的血糖是多少？

在进行血糖检测的时候，建议空腹测量和餐后2小时后检测血糖，可能一些糖尿病患者，在空腹的状态下，血糖是正常的，但是在吃完饭之后，血糖就会飙升，如果在餐后测量血糖，经过多次测量，血糖值均超过了11.1mmol/l时，即可诊断为糖尿病。

60岁以上的老年人血糖值是多少？

1、如果具有比较典型的糖尿病典型症状时，空腹血糖 ≥ 7.0 mmol/l或餐后血糖 ≥ 11.1 mmol/l；

2、如果没有典型的症状时，空腹血糖 ≥ 7.0 mmol/l或餐后血糖 ≥ 11.1 mmol/l可以确诊为糖尿病，如果年龄超过70岁的II型糖尿病患者，身体状况比较好，也没有心脑血管及微血管并发症时，血糖值保持在空腹血糖6--7 mmol/L之间，餐后小时血糖8--9 mmol/L左右，糖化血红蛋白为6.5%--7.0%即可，不应过于强化控制血糖水平，以防出现严重的低血糖而影响到心脑血管功能。

做好这2点，血糖更平稳！

Happy New Year! See you Around The Village!

NEXT Village SF
PO Box 330278
San Francisco, CA 94133

**Your December
newsletter is here!**