NEXTVillageSF

AROUND THE VILLAGE
JANUARY 2021

Message from the Director

Let's have a Happy New Year!

Nature moves forward with rely & thought, and we chart fellow self. I recognized this pic of the Golden Gate Bridge in the Sunrise Sunset Gallery for the holidays. Happy New Year, NEXT Village community!

We start our new year with gratitude

Our community has been hit with pandemic epidemics on 100 demicity, with supportive solutions that keep us all moving forward, green year-one. The pandemic has hit our community hard, and we are all working together to restart what through January 26th. If you're ready to take a meal that matters, please contact Jessica Lee, Director of Meals, Jessica@nextvillagesf.org, 415-292-2000 **extension 2 by 1/26 for 1/27 pick-up.**

A vaccine is coming! A vaccine is coming!

Vaccinations are coming, but it will take some time. Vaccinations are unlikely to occur anywhere near the middle of our community (Mission, Bernal, Ocean Ave, Lake, Lyons, where we live) to come, and we are start getting into the redesigned phases of vaccination. Our Director of Health Services, Jessica Lee, and our Director of Wellness has created a timeline for distribution, which is shared below. Our Director of Wellness, Jessica Lee, is also working with our partners to get our senior congregate housing, don't have sicker or diabetics, serious heart conditions, immunocompromised, or are over 65 years old, to be vaccinated. Vaccinations, please keep calling and or stopping by, and we will do our best and support you with grocery shopping and resource locating, technology support, and more.

Spring Fling - Saturday, March 20th Fundraising Dinner, and we are hiring!

Our Spring Fling Fundraising Dinner is a time to celebrate our community, and plan to join us for the inaugural dinner of these two powerhouses. Chez Nancy on Ocean Ave and Lo Cocco on Lyons Street are two of our neighbors and friends, and we are the lucky ones, and so, we'll cook our mother's for details. We are also hiring, so please, if you know someone, let us know!

Stay safe, and stay healthy!

And finally, please, please, please be on our waiting, 2020 health & Resolutions challenge! We are offering a variety of exercise, practice, strength, fitness, and mindfulness classes, and we are hoping that we can all be healthy, and stay healthy, at January 1st, and beyond.

Jessica Rae Gomez-Lanier
Director of Wellness
415-292-2000

Catch up on what's new Around The Village

Applications open for "Affordable at 55 Broadway"

Application deadline also between 1st and 30th of January. Contact 415-292-2000 for more info.

Broadway Court will have 55 available apartments for leases and will be accepting applications. This includes apartments and the setting of through a blind lottery.

Apartment types and rents together:

- One bedroom $1,000 - $1,200 per month
- Two bedroom $1417 - $1,500 per month
- Two bedroom $1750 - $1,800 per month
- Three bedroom $1900 - $2,000 per month

Apply online at www.sfmohcd.org/lottery or contact the Housing Hotline at 415-701-5500

Volunteer Center

Meet Stephanie, a NEXT Village VI coordinator helping a difference in our community. Stephanie is a NEXT Village VI Mentally coach, to mentoring and helping people in need. Stephanie also volunteer for Bernal Heights Little Free Library, and is a member of the community and concern with Bernal Heights Neighborhood Center, other neighbors and helps all of us using our community. Thanks for providing such a wonderful person!

If you're interested in volunteering, or know someone that is great volunteer material, to call you, please contact Volunteer@nextvillagesf.org, 415-292-2000

How about a Village Pen Pal? Start one, or be one!

I think we are all old, lonely, or interacting with the world through the Internet enough that we can all use a little more human connection. Pen pals are a NEXT Village volunteer through which instead of a lesson, by or course, to our and we to Center? If you're interested, please contact Volunteer@nextvillagesf.org, 415-292-2000 **Pen pals are a great way to start a friendship and we think that is a win**

Join us on Zoom!

End of 2020 + January 2021 Events & Details

Note to register for events in NEXT Village & SFSU

Please use the link provided for each event you are interested in attending. If you have trouble signing in, please call Technical Support at Zoom, 888-799-9666, option 2. Note: Zoom has negative features, such as Zoombombing. Note: When you register, NEXT Village will send to details you will automatically receive a reminder and a confirmation email. Note: Zoom will ask you if you want to share your name and email with other attendees, or not. Note: Zoom

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628-206-7696 or emailing CHIPPS@SFDPH.org. An injury prevention specialist will walk through your home, listen to your safety concerns and make suggestions for increased safety.

Learn prevention strategies

There are a growing number of community-based organizations that offer evidence-based fall prevention programs. Some of these programs involve attending workshops run by trained professionals to learn about reducing fall risk while others are at home programs run by physical therapists to improve strength and balance. In almost all these programs, the fall rate decreased by 35% among those who participated.

Take care of your health

Finally, keep moving and look at your diet! Exercising regularly helps maintain muscle strength, flexibility and prevent osteoporosis (weight bearing exercise). Make sure that your diet has adequate calcium and your vitamin D levels are above the recommended levels to help prevent osteoporosis. NEXT Village offers several exercise classes this month, so maybe now is a good time to start a new routine!

If you fall...

Falling can be emotionally and physically stressful. If you do fall, try to remain calm and remain on the floor for a few deep breaths. If you think getting up will worsen injuries, do not move and call for help instead using your mobile phone or emergency assistive device. If you can get up and are alone, do so slowly by rolling to your side and, after a few moments to rest, carefully get on your hands and knees. Crawl carefully to a chair. Use the chair to help you rise, one leg at a time, and sit. Call for assistance with your mobile phone or emergency assistive device, if needed. Please let your physician know about the fall, even if you are not hurt, because a fall could be a sign of issues with medications, vision or balance.

A fall (or a fear of falling) can create anxiety that prevents activity and increases risk of a future fall. It is important to discuss this anxiety with your physician. Having a plan, such as always having a mobile phone on you, wearing a personal alarm, or leaving a spare key with a friend, may help you feel safer. Assistive devices such as canes and walkers can also be very useful after a fall to walk more safely and confidently. A physical therapist can help assess which device would be the most appropriate to help you maintain independence.

Resources:

- http://stopfalls.org/individuals-families/
- https://www.ucsfhealth.org/clinics/balance-and-falls-center
- https://www.hopkinsmedicine.org/health/wellness-and-prevention/fall-prevention-exercises

This article is brought to you by Nandini Joseph, MD, a UC Berkeley graduate student volunteering for NEXT Village SF!

Senior Medicare Patrol (SMP), California's Medicare fraud watchdog, has an important message

With the vaccine rolling into California this week, fraudsters are always looking for ways to prey on Medicare beneficiaries.

- You likely will not need to pay anything out of pocket to get the vaccine during this public health emergency.
- You cannot pay to put your name on a list to get the vaccine.
- You cannot pay to get early access to the vaccine.
- No one from Medicare or the Health Department will contact you.
- No one from a vaccine distribution site or health care payer, like a private insurance company, will call you asking for your Social Security number or your credit card or bank account information to sign you up to get the vaccine.
- Check with your health care provider before paying for or receiving any COVID-19-related treatment.

Flyer - English
Flyer - Spanish

LGBTQ News

Biden's Cabinet includes only one LGBTQ pick

The former South Bend mayor Pete Buttigieg has been tapped by Joe Biden to serve as secretary of transportation.

老年人如何保养身体

老年人保养身体高要有质量的睡眠。高质量的睡眠对老人健康尤为重要。尤其是熟睡状态，与长寿息息相关。美国阿尔茨海默病协会公布的数据显示，每晚睡眠在 7 小时以内的老人，大脑衰老可推迟 2 年。不少老人容易失眠，半夜睡不着就会爬起来看电视、看书。其实，想拥有 " 优质睡眠 ", 不妨学学中医的招数。

第一，室温控制在 20 °C左右，湿度以 60% 左右为佳。卧室里别放钟表等能发出响声的东西。

第二，不要和衣而睡，否则会越睡越累，还容易踢被子，引起感冒。

第三，晚饭少吃油腻、不好消化的食物，也不要吃太饱，睡前 1 小时不要吃东西。

第四，不要蒙头睡，因为这样会让被窝里的二氧化碳增加，氧气相应减少，导致头晕、头胀、眼花等症状。

Happy New Year! See you Around The Village!

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