

AROUND THE VILLAGE ***FEBRUARY 2021***

Message from the Director

**Vaccines are coming! Maybe. Soon. Some are here. (Sutter Health, Kaiser)
Confused? It is hard to follow the bouncing ball.**

Several months ago, NEXT offered our office as a pop up location for vaccines for our members and volunteers. Since then, Mayor London Breed announced plans to open up high-volume vaccination sites in San Francisco, which will be ready as more vaccine supply becomes available. The city also plans to offer vaccinations at pop-up sites and community clinics.

Those sites will be located at Moscone Center, City College of San Francisco's main campus and The SF Market in Bayview, along with other pop-up sites. The City launched a website on Jan. 19 allowing residents to be notified once vaccines are available for people in their age group and job sector:

<https://sf.gov/get-notified-when-its-your-turn-covid-19-vaccine>

California has been criticized for its slow vaccine rollout, which ranks near the bottom of U.S. states in terms of the percentage of doses used (27.5%) and doses given per 100 people (2.47). The U.S. Department of Health and Human Services, which purchases all the vaccines, recently changed its allocation guidelines for states. HHS will allocate doses based in part on how quickly they are being administered. For more information on the state's efforts to distribute a safe and effective COVID-19 vaccine in a fair way to everyone who wants it, visit the [Vaccinate All 58 webpage](#) - covid19.ca.gov/vaccines.

We have many interesting special events in February, but be sure to attend: **WHAT DO WE KNOW ABOUT THE COVID-19 VACCINES?** on Thursday, February 18 at 5:00pm. Scroll down to see the details.

A few final comments: **Watch out for scams.** The shot is FREE. Do not register with any site that says you can get vaccinated for a price if you register with them. Call us if you aren't completely sure how to register for a community-based inoculation. Some states have required a QR code-which requires a smart-phone. If that happens here, we can help you. Until then, stay well, keep calling us for support, and we'll see you Around the Village very soon.

Jacqueline Zimmer Jones
Executive Director
jjones@nextvillagesf.org

Village News

Thank you, [North Beach Neighbors](#), [Saints Peter and Paul Church](#) and [Laura Vicuna Pre-School](#), [Russian Hill Neighbors](#), [Junior League of San Francisco](#), **AND [Pat's Cafe](#)**

NEXT has been blessed with many great community partners, and this past year has demonstrated that we are stronger and better equipped to weather the storms when we work together.

Russian Hill Neighbors and Junior League of SF, as well as the pre-schoolers at Sts. Peter and Paul school are helping us with holiday cards for members, (if you received a holiday card from us, they are behind that effort). North Beach Neighbors, with the help of ace volunteer, Sharone Mendes-Nassi, is behind the effort to deliver tasty lunches to 35 members each week through mid-February when Marc Bruno and Sts. Peter and Paul Church steps in to keep the lunches flowing, and help support Pat's Cafe.

Thank you all for brightening our members' days through nutrition and fellowship. If YOU would like to take advantage of a free lunch (See! There is such a thing as a free lunch!), just let us know. Our trusty volunteers will deliver a meal to your door. info@nextvillagesf.org or 415-888-2868.

Here we all are in action with our delicious lunch from Pat's Cafe:



Board Member, Kim R



Member, Leonie



Jacqueline & Member, Amelia

Interested in Zoom Bingo (and other games)?

Who loves Bingo (and fun prizes)? NEXT is considering a monthly event series where we can play games together over Zoom and would love your input to make sure we are offering activities you will enjoy. We will be starting with Bingo, but are open to your ideas for other games we can play over Zoom with minimal technology. We already have a wonderful host, Sofia Pinzon of Toasty (<https://www.toastysf.com>), lined up to make it entertaining and help the games run smoothly! Right now, we are looking at 2nd and 4th Wednesdays at 4pm beginning in March. [CLICK HERE TO COMPLETE THE SURVEY.](#)

SAVE THE DATE - Spring Fling 2021

Spring is Springing! The Vernal Equinox is March 20th, which means it's time for our 6th Annual Spring Fling! Please save the date and get ready to enjoy the musical stylings of Kim Nalley and Tammi Hall (from your computer). Watch your inbox for more details. We hope you'll join us!

A promotional poster for the Spring Fling 2021 event. The poster features a decorative border of purple and white pansies. At the top, the text "SAVE THE DATE - Spring Fling 2021" is written in a purple, stylized font. Below this, the event title "NEXT Village SF" is displayed in a large, blue, serif font. To the left of the title is a circular portrait of Kim Nalley, and to the right is a circular portrait of Tammi Hall. Below the portraits, the text "SAVE THE DATE - Spring Fling 2021" is repeated in a purple font, followed by "Saturday, March 20th, 6:30pm" in a blue font. Below this, the text "Your Living Room - Attire: Housebound Fancy" is written in a purple font. Further down, a paragraph in blue text reads: "Please join us for a virtual live performance by Kim Nalley and Tammy Hall. Enjoy an evening of great music as we celebrate our successes and build toward the future." At the bottom, a purple banner contains the text "Tickets available soon. Sponsorships available Now!" in white, followed by "Proceeds go to ongoing support of service and social events for older adults in northeast San Francisco." in white.

NEXT Village SF

SAVE THE DATE - Spring Fling 2021
Saturday, March 20th, 6:30pm

Your Living Room - Attire: Housebound Fancy

Please join us for a virtual live performance by Kim Nalley and Tammy Hall. Enjoy an evening of great music as we celebrate our successes and build toward the future.

Tickets available soon. Sponsorships available Now!
Proceeds go to ongoing support of service and social events for older adults in northeast San Francisco.

Volunteer Corner



Meet Lauren and Matt! Two awesome NEXT Village volunteers that have been working together to deliver lunches and grocery shop for members sheltering in place.

Lauren and Matt said: "We moved to San Francisco right before the shelter-in-place, and craved to find a spirit of community. We have a car and it seemed like an obvious choice to tag-team food deliveries and other opportunities. It was important for us to find something outside of our house to do, and give back to a new community who welcomed us during a very strange time. We're excited to continue volunteering throughout our time here!" We are so glad you found NEXT,

Lauren and Matt! You're friendly, reliable, and our members love to see your smiling faces when you bring them their lunch. Thank you so much!

If you're interested in volunteering, or would like a great volunteer like Lauren and Matt to assist you with groceries, please contact Rachel: rachel@nextvillagesf.org, 415-574-0156

February Event Details - Join us on Zoom!

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. You can also register here: <https://bit.ly/NEXT-Reg>

Have suggestions for events, classes, presentations, speakers? Just let us know!

CALENDAR AT A GLANCE

FEBRUARY

MON	TUE	WED	THU	FRI
1 1p Writing Group	2 2:15p Chair Yoga & Meditation	3 1p Women's Group 3p Card making	4 11a Italian 1p Stress Busters 3p Stress Busters	5 1p Drink & Draw
8 1p Spanish Conversation 4p Happy Hour	9 11a Men's Group 2:15p Chair Yoga & Meditation	10 11:30a Lunch Bunch 1p Women's Group	11 11a Italian 3p Healthy desserts	12 11a Solo Agers: Fiduciaries 2p Valentine's Variety Show
15 Presidents' Day: NEXT Village office is closed 1p Writing Group	16 1p Travel: Mongolia 2:15p Chair Yoga & Meditation	17 1p Women's Group 2p Death Cafe	18 11a Italian 3p Stress Busters 5p COVID Vaccine	19 11a Coffee n' Conversation 4p Trivial Pursuit
22 1p Improv 3p Heart Health	23 11a Men's Group 2:15p Chair Yoga & Meditation	24 1p Women's Group 4p Reading Circle	25 11a Italian	26 1p Bay Area Humanists

See our *Featured and Ongoing Events* descriptions below for short summaries about events. For full details, click on events of interest on our online calendar at nextvillagesf.org/upcoming-events

Featured Upcoming Events

ARMCHAIR TRAVEL (January)

Tuesday, January 26 | 1:00 - 2:00 pm

For January's Armchair Travel adventure, Phil Williams will describe what happened in 2000 when he was asked to help decide the fate of the half-completed Stalin-era Boguchany Dam on the Angara River, the river that flows out of Lake Baikal and dealing with the consequences of a little known saga of the Cold

War. His story will lead us from the songs of Woody Guthrie to the arrest of Paul Manafort.

Phone: 1-669-900-6833 Meeting ID: 889 9351 7781 Password: 222

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

Member Registration: <https://nextsf.helpfulvillage.com/events/1640>

NEW! CHAIR YOGA FOLLOWED BY MEDITATION WITH MEGHAN

Tuesdays, February 2, 9, 16, 23 | 2:15-3pm



Fifteen minutes of chair yoga, followed by 30 minutes of sweet meditation. Let's all get our zen on together. Meghan Cowens is a licensed acupuncturist, Thai massage therapist, and yoga educator. She's dedicated to helping her clients improve the quality of their lives by giving them the tools they need to be their best – emotionally, mentally and physically. She understands from personal experience how to reduce the effects of stress on the mind and body, optimize energy, and maximize flexibility and strength in her clients' bodies. She is a firm believer that "healing is a gift you give yourself."

Phone: 1-669-900-6833 Meeting ID: 893 8709 9594

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

Member Registration: <https://nextsf.helpfulvillage.com/events/1701>

NEW! SPANISH CONVERSATION GROUP

Monday, February 8 | 1:00 - 2:00 pm

Here's your chance to practice, polish off or use your Spanish language skills from a safe social distance. Join us as we launch our new Spanish Conversation group. This is a casual gathering where people can speak Spanish in a friendly forum. This is a conversation group, not a class. There is no instructor. Basic familiarity with Spanish is requested, however no need to be fluent, just willing to try! Join us for our first group get together on February 8!

Phone: 1-669-900-6833 Meeting ID: 826 5933 8225 Password: 222

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

Member Registration: <https://nextsf.helpfulvillage.com/events/1723>

LEARN HOW TO MAKE YOUR OWN VALENTINE CARDS & GIFTS

Wednesday, February 3 | 3:00 - 4:00 pm

Join us to learn from your friends and neighbors how to make some beautiful and simple cards and gifts from easily accessible items (like paper and leaves). This event is a great way to find inspiration to make Valentine, Chinese New Year, Birthday or other cards for friends, family, or a special someone!

Phone: 1-669-900-6833 Meeting ID: 894 5386 0860 Password: 222

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

Member Registration: <https://nextsf.helpfulvillage.com/events/1725>

NEW! MEN'S CONVERSATION GROUP

Tuesdays, Feb 9 & 23 | 11:00 am - 12:00 pm

NEXT Village is starting a new Men's Conversation Group so we have a place to meet and discuss what's going on in the world and in our lives with an informal, casual group. Facilitators will throw out a few questions to start the conversation. What direction discussion goes is up to the group. Join us for our kick off event on February 9 or whenever you can!

Phone: 1-669-900-6833 Meeting ID: 837 0309 2798 Password: 222

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

2/9 Member Registration: <https://nextsf.helpfulvillage.com/events/1727>

2/23 Member Registration: <https://nextsf.helpfulvillage.com/events/1728>

HEALTHY VALENTINE'S DAY COOKING DEMO

Thursday, February 11 | 3:00 - 4:00pm

Roxanna Benjamin (Organized Life by Roxanna) is back for another cooking demo! Learn how to satisfy all your sweet tooth cravings by making some of your favorite foods in a healthy way, but without all the guilt! Best part, no baking needed! We'll get 4 delicious eats (sorbet, ice cream, coconut balls and chocolate mousse) in an hour, so feel free to take notes or make these foods with me!



Phone: 1-669-900-6833 Meeting ID: 830 5684 3258

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

Member Registration: <https://nextsf.helpfulvillage.com/events/1700>

SOLO AGERS: LICENSED PRIVATE FIDUCIARIES & HOW THEY CAN HELP YOU

Friday, February 12 | 11:00 am - 12:00 pm



What if you don't have family or friends you could count on to assist you with bill-paying, to make financial decisions for you if needed or to manage your affairs should you have an accident or health crisis? You may want to consider a fiduciary. Because many people aren't familiar with what fiduciaries are or how they can help, we'll explain what fiduciaries do, why one might be a good person to have on your team, and how to find, interview and assess a fiduciary to meet your needs. This event is part of our Solo Agers series (Solo Agers = people single or married who don't have children or whose family live far away

or are not part of their daily life), but others interested in learning about fiduciaries are welcome to attend. Presenters: Jean McClune, CLPF and Dana M. Conklin, CLPF.

Phone: 1-669-900-6833 Meeting ID: 892 2180 1888 Password: 222

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

Member Registration: <https://nextsf.helpfulvillage.com/events/1686>

VALENTINE'S VARIETY SHOW!

Friday, February 12 | 2:00 - 3:30 pm



We've got a great lineup of our own local talent kicking off Valentine's weekend with songs, skits, poems and more! We'll also be singing a few of our favorite love songs and you are welcome to sing along with us. Invite loved ones to join you on Zoom to celebrate! Performers: NEXT Village Improv Group, Aquatic Park Senior Players & more.

Phone: 1-669-900-6833 Meeting ID: 822 4232 0700 Password: 244

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

Member Registration: <https://nextsf.helpfulvillage.com/events/1683>

ARMCHAIR TRAVEL: MONGOLIA

Tuesday, February 16 | 1:00 - 2:30 pm



Join a helicopter flight across Mongolian mountain ranges to the northwest Taiman fishing camps, then settle into a Russian van to seek out reindeer to ride through the forest to their camps near Siberia. Continue the 1500 kilometers journey further west to the Golden Eagle Festival where Kazakh Eagle Hunters compete with their horses and eagles. In this month's Armchair Travel adventure, Joanne Chow Winship shares her love of documentary photography and her tales of the fantastic adventures she has had.

Attention Travelers: Do you have travel photos and stories you'd like to share with an appreciative audience? Email donna@nextvillagesf.org to find out how you can become a future Armchair Travel "tour guide"!

Phone: 1-669-900-6833 Meeting ID: 852 2389 4222 Password: 222

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

Member Registration: <https://nextsf.helpfulvillage.com/events/1676>

WHAT DO WE KNOW ABOUT THE COVID-19 VACCINES?

Thursday, February 18 | 5:00 - 6:00pm



Rumors, misinformation and even politics can make it difficult to separate fact from fiction about COVID-19 and vaccines. To help us sort through what is and is not known, Dr. Jay Levy, Professor of Medicine at UCSF joins us again to address some common questions and concerns. He'll also discuss factors particularly relevant to older adults and those who care for them. While he does not have a crystal ball to tell you the specific date you can get a vaccine or when life will return to normal, he will explain in an easy to understand way what is currently known. We'll also have time for Q&A.

Phone: 1-669-900-6833 Meeting ID: 842 3566 9379 Password: 937
Non-Member Registration: <https://bit.ly/NEXT-Reg>
Member Registration: <https://nextsf.helpfulvillage.com/events/1685>

COFFEE N' CONVERSATION // THEME = TRAVEL

Friday, February 19 | 11:00 am - 12:00 pm



Looking for a place to have engaging conversations with people about current events and random topics in a casual, informal gathering? Join us for our monthly Coffee n' Conversation. February theme = TRAVEL. Attendees are invited to share a story of a place you have been, a destination on your Bucket List or whatever else is on your mind.

Phone: 1-669-900-6833 Meeting ID: 884 5025 0250 Password: 222
Non-Member Registration: <https://bit.ly/NEXT-Reg>
Member Registration: <https://nextsf.helpfulvillage.com/events/1726>

WHAT'S NEW IN HEART HEALTH RESEARCH?

Monday, February 22 | 3:00-4:00pm



Learn how the latest research and technology can help you take good care of your heart! Nandini Joseph, MD, MPH will provide some updates on the latest research and best practices for maintaining your heart health.

Phone: 1-669-900-6833 Meeting ID: 831 5307 3809
Non-Member Registration: <https://bit.ly/NEXT-Reg>
Member Registration: <https://nextsf.helpfulvillage.com/events/1730>

HUMANISM: A PHILOSOPHY OF DOING GOOD WITHOUT GOD

Friday, February 26 | 10:00 - 11:00am



Most people have heard of the word “humanism” but may not be clear what that means in practice. In this presentation, members of the non-profit Bay Area Humanists (BAH) will give an overview of the basic principles of humanism. Board members will also share briefly our paths to humanism, as well as an overview of the organization and the mission it serves.

Phone: 1-669-900-6833

Meeting ID: 871 8202 1733

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

Member Registration: <https://nextsf.helpfulvillage.com/events/1724>

Ongoing Events

IMPROV THEATER CLASS

Monday, Jan 25 & Feb 22 | 1:00-2:30pm

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

Phone: 1-669-900-6833

Meeting ID: 880 1937 9593

Password: 222

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

Member Registration (Jan 25): <https://nextsf.helpfulvillage.com/events/1637>

Member Registration (Feb 22): <https://nextsf.helpfulvillage.com/events/1729>

WRITING GROUP

Monday, February 1 & 15 | 1:00 - 2:45pm

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.

Phone: 1-669-900-6833

Meeting ID: 823 8394 5456

Password: 951696

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

Member Registration: (Feb 1) <https://nextsf.helpfulvillage.com/events/1681>

Member Registration: (Feb 15) <https://nextsf.helpfulvillage.com/events/1695>

STRESS BUSTERS INTRODUCTORY SERIES

Thursdays, Jan 28 & Feb 4 | 1:00-2:00pm

Learn the basics about Stress Busters in the final sessions of this series. There will be a review of previous weeks, so join us even if you've missed some workshops to learn how to reduce and better manage stress. “Graduates” of our Intro series are invited to continue in our Intermediate series!

Phone: 1-669-900-9128

Meeting ID: 881 8961 4817

Phone Passcode: 848262

Web Passcode: bkwsc

Register for this weekly series at: <https://bit.ly/NEXT-Reg>

STRESS BUSTERS INTERMEDIATE SERIES

Thursday, February 4/Discussion; Feb. 18/Workshop | 3:00-4:00pm

Monthly intermediate discussion groups and workshops alternate every 2 weeks. Intermediate events are geared toward people familiar with the 5 step Stress Buster technique, however all are welcome to attend to learn about and discuss more advanced techniques to manage stress.

Phone: 1-669-900-6833 Meeting ID: 889 8304 9005 Password: 222

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

Member Registration 2/4 Discussion: <https://nextsf.helpfulvillage.com/events/1656>

Member Reg 2/18 Intermediate: <https://nextsf.helpfulvillage.com/events/1658>

DRINK AND DRAW WITH LUCIA GONNELLA

Friday, February 5th | 1:00pm-3:00pm

Grab your watercolors and enjoy learning from an incredible instructor. She can turn anyone into an artist. No kidding!

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

Member Registration: <https://nextsf.helpfulvillage.com/events/1691>

CHEERS HAPPY HOUR WITH MS. KIM

Monday, February 8th | 4:00-5:00pm

Come mix and mingle with other NEXT members! By Zoom or by phone. Everyone is welcome.

Phone: 1-669-900-6833 Meeting ID: 763 2962 4836

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

Member Registration: <https://nextsf.helpfulvillage.com/events/1692>

LUNCH WITH THE BUNCH

Wednesday, February 10th | 11:30am-12:30pm

Get some take out and meet us on Zoom (phone or computer)! Hosted by Board Chair, Janet Crane.

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

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

Member Registration: <https://nextsf.helpfulvillage.com/events/1693>

TRIVIAL PURSUIT WITH TEDDY KRAMER -

Friday, February 19th | 4:00-5:00pm

Test your knowledge of Love! Join your neighbors for some fun trivia questions. February's theme: LOVE!

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

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

Member Registration: <https://nextsf.helpfulvillage.com/events/1699>

READING CIRCLE WITH MS. KIM

Wednesday, February 24th | 4:00-5:00pm

Read what you like and tell us about it!

Phone: 1-669-900-6833 Meeting ID: 882 0555 2803

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

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

Member Registration: <https://nextsf.helpfulvillage.com/events/1698>

DEATH CAFE

Wednesday, February 17 | 2:00-3:00pm

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

Phone: 1-669-900-6833 <https://us02web.zoom.us/j/89991348936> Meeting ID: 899 9134 8936

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

Member Registration: <https://nextsf.helpfulvillage.com/events/1697>

Weekly Events

WOMEN'S CONVERSATION GROUP

Wednesdays, Jan 27; Feb 3, 10, 17, & 24 | 1:00-2:00pm

Alex and Leslie Pellegrini's popular facilitated weekly women's conversation group. Check us out if you are looking to join a close knit community of women having fun, sharing stories, and getting to know each other from a safe social distance!

Phone: 1-669-900-6833 Meeting ID: 849 5953 5749 Password: 222

Register for this weekly series at: <https://bit.ly/NEXT-Reg>

ITALIAN CONVERSATION GROUP

Thursdays, Jan 28; Feb 4, 11, 18 & 25 | 11:00am-12:00pm

Whether you are fluent or learning Italian and want to practice with others, join us to have fun conversing in Italian in an informal and welcoming environment. This is a conversation group, not a class.

Phone: 1-669-900-6833 Meeting ID: 834 7840 9357 Password: 222

Register for this weekly series at: <https://bit.ly/NEXT-Reg>

ENTERTAINMENT SWAP

Fridays | 11:15am-12:00pm

Stop by the office and pick up a new book or puzzle. Or let us know you want something and we will try to deliver. No need to register to participate. Just drop by **704 Filbert@Columbus on Friday between 11:15 and 12:00** and help yourself!



春节快乐！

Happy Chinese New Year!

一不小心一年又快过完了。今年受肺炎疫情的影响，很多行业都不太景气，大家觉得自己的日子好像还挺难过的，都希望生活能够好起来，春节意味着一家人在一起团聚，意味着走亲访友，2021年怎么安心过春节？

第一，做好出行防护，坚持戴口罩、勤洗手、保持距离三个基本原则。

第二，疾控专家认为，“当地过年”利多弊少，有利于减少聚集、降低感染风险、减轻防控压

力；尤其慢性病、孕妇等人群尽量“原地不动”。应少聚集、少外出。非必要不出境或前往中高风险地区，多地提倡就地过年。

第三，注意饮食安全并养成良好的卫生习惯。2020年下半年以来，不少地区都在进口冷链食品、物品上检测到了新冠病毒。在选购冷冻食品时要做好个人防护，并做到生熟分开，在就餐过程中用好公筷、公勺，提倡分餐制。

祝大家新年快乐，平安幸福！

LGBTQ News

Webinar: Take Charge of Your Health: Self Advocacy, Aging with HIV 2/18/21



When it comes to HIV, knowledge is power!

This two-hour webinar will focus on being a self advocate and healthy aging with HIV.

The first section of this webinar will discuss how people with HIV can advocate for themselves to get the care they deserve. The second section will present tools and strategies for healthy aging with HIV.

All information is presented in jargon-free, easy to understand language. We dig deep into topics, to make sure that everyone comes away with a clear grasp of everything presented.


<https://www.eventbrite.com/e/webinar-take-charge-of-your-health-self-advocacy-aging-with-hiv-21821-tickets-13163392561>

News You Can Use!

Helpful tips about policies and services

February is American Heart Month. Have a heart and make an effort this month to adopt some new healthy lifestyle habits to prevent heart disease! The National Institutes of Health provides daily themes to encourage you to focus on your heart health.

The graphic is titled "7 Days of Self-Care" in a large, red, serif font. Above the title is a faint, stylized illustration of a person with their arms raised in a heart shape. Below the title is a grid of seven colored squares, each representing a day of the week with a specific theme. The squares are arranged in two rows: the first row has three squares and the second row has four squares. Each square contains an icon, a hashtag, and a brief description of the activity. The colors of the squares are red and purple. At the bottom left of the graphic are logos for the Department of Health and Human Services, the National Heart, Lung, and Blood Institute (NHLBI), and the American Heart Association. At the bottom right is the hashtag #OurHearts in a red, bold, sans-serif font.

7 Days of Self-Care		
#MindfulMonday  Know your blood pressure numbers and other heart stats	#TastyTuesday  Try a tasty, heart-healthy recipe	#SelfcareSunday  Create your self-care checklist for the week
#WellnessWednesday  Put your heart into your wellness routine	#TreatYourselfThursday  Treat your heart to some relaxation and fun	#FollowFriday  Share who inspires you to show your heart more love
#SelfieSaturday  Post about your favorite way to take care of your heart	#OurHearts	

More info: <https://www.nhlbi.nih.gov/health-topics/education-and-awareness/heart-month>

WARNING SIGNS OF A HEART ATTACK

While no one expects to have a heart attack, make sure you are aware of the signs in case you or someone you know may be having a heart attack. Pay attention to your body and call 911 if you experience:

- Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes – or it may go away and then return. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- Discomfort in other areas of the upper body. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- Shortness of breath. This can occur with or without chest discomfort.
- Other signs. Other possible signs include breaking out in a cold sweat, nausea or lightheadedness.

Call 911 if you experience heart attack warning signs. Calling 911 is almost always the fastest way to get lifesaving treatment. If you are having a life threatening emergency, make sure emergency personnel can get in to help you (e.g., that you're in a place they can reach you, not behind a locked door). We also recommend you provide a key to a trusted neighbor in case of an emergency. *More info at:*

<https://www.heart.org/en/health-topics/heart-attack/warning-signs-of-a-heart-attack>

Hands Only CPR - 2 Steps to Save a Life

You can make a difference. If someone has cardiac arrest, every second counts. CPR (cardiopulmonary resuscitation) can be used if someone is unconscious and not breathing until emergency help arrives.

The American Heart Association provides information to help you learn the simple steps to save a life. Visit the AHA website to learn more and view a 60 second video on how to provide CPR at <https://international.heart.org/en/hands-only-cpr>

- Every minute CPR is delayed, a victim's chance of survival decreases by 10%
- Immediate CPR from someone nearby can double—even triple—their chance of survival.

More information at <https://international.heart.org/en/hands-only-cpr>

Home Match: Share your home, find your home



Presentation coming in March!

Home Match connects people with available rooms in their homes with people seeking affordable housing. By sharing your home, you can benefit from increased income, companionship, or even help around the house. Both homeowners and renters are welcome.

Our students, teachers, retirees, and other community members are being displaced by high housing costs -- you can help! What truly makes home-sharing worthwhile are the stories people create together: in our District, long-term renter Nora was able to remain in her flat when Perla, a caretaker originally from Peru, moved into her spare bedroom. Together they share expenses and lots of laughter.

We offer vetted participants and compatibility-based matching, tailored to your housing needs. Our services are free of charge.

Home Match is a nonprofit program that receives funding from the San Francisco Mayor's office of Housing and Development. Contact us to learn more! 415-351-1000, info@homematchsf.org , visit: homematchsf.org or check out our list of [Available Rooms](#).



Meet some of our great delivery volunteers, Ian and Devika! Even our Executive Director got in on the act, delivering Pat's Cafe with Ian by e-bike!



NEXT Village SF
PO Box 330278
San Francisco, CA 94133

Your February Newsletter is here!

