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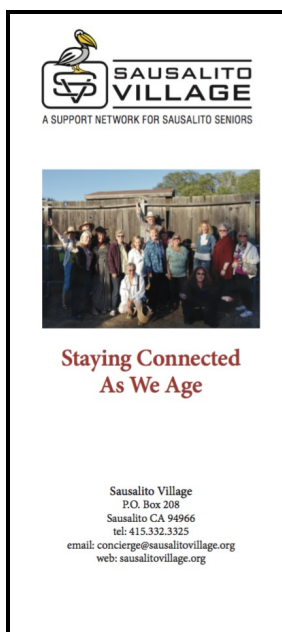


September 2016 NEWSLETTER

[SV Website](#)[CARSS Website](#)[Donate to SV](#)[Volunteer](#)

It's a new look for Sausalito Village

Thanks to the hard work of a few great volunteers, SV has a newly colored logo, new tagline and spanky new brochure! Kudos to the hardworking team: Annie Dorsey, Barbara Geisler and Marijo Racciatti. If you would like a brochure, they will be available at City Hall, the Library, all SV events and of course, you can request one be mailed to you or a friend. Click on the photo to view the new brochure:



Rancho Nicasio - FUN, FUN, FUN!

Click on the photo below to see the photo album of the trip



ASK...And You Shall Receive



Roshan Mehta

The Edgewater Senior Club with Adam Politzer

Okay, it is not always the case that you receive everything you want, but it certainly was when Sausalito Village member Roshan Mehta made a request to the City Manager, Adam Politzer. Roshan attends the Edgewater Senior Club and noticed that many other members of the Club, who receive rides through CARSS and Whistlestop paratransit have nowhere to sit while waiting to be picked up.

The elevator entrance of the City Hall building where the Edgewater Senior Club meetings take place twice per month is on the South end of the building and the ramp and handicapped parking spots are on the South end of the parking lot. No one had ever mentioned the lack of seating to the City Manager before Roshan acknowledged the need and made the request.

Once City Manager Adam Politzer received the request, he got right on it! Within TWO DAYS, a lovely wooden and metal park bench was purchased by Kent Basso of the Public Works Department and thanks to the Department's crew, it was installed in no time.

This is once again proof positive of why Sausalito was the first Age Friendly City in Marin County designated by the World Health Organization - it is thanks to dedicated City Staff, City Council and the Age Friendly City Task Force! Thank you ALL.

LOVE THIS ONE!! Click on the photo and SMILE.....
Carpool Karaoke reconnects son with his 79yo dad with Alzheimer's



Back To School....OLLI Starts September 12th

If you have taken a course at the Osher Lifelong Learning Institute then you already know it is that time of year to register for Fall Courses. If you have never taken a course, look through the classes and sign up! Classes are held at Dominican University in San Rafael.

Need transportation? Let's see if we can get a carpool together if there is a class that more than one will be attending.

Here is a link to the courses: [Fall Courses at OLLI](#)



NEW Sausalito Municipal Code

Reprinted from the weekly City's Sausalito Currents eNewsletter

The Sausalito City Council recently adopted an ordinance entitled "Peddlers and Door-to-Door Solicitation." This new ordinance, Section 13.20 of the Sausalito Municipal Code, was introduced on July 18 and adopted on July 26. The new law will take effect on August 26, thirty days after adoption.

The new ordinance will prohibit knocking on doors or otherwise disturbing residents who have a "no solicitation" or similar sign posted on their property. This provision will be an effective tool in preventing intrusions into residents' privacy by those seeking to solicit funds, and will allow police officers to issue citations to those who are in violation. This type of provision has been upheld by the courts as "content neutral," meaning that it applies to anyone seeking to go door-to-door, regardless of whether the person is seeking only to distribute information, solicit funds, or engage in a commercial transaction.

The ordinance limits door-to-door solicitation to the hours between 8:00 a.m. and 7:00 p.m., or a half hour after sunset, whichever may come first. The ordinance also requires "peddlers" to obtain a permit from the Sausalito Police Department prior to any activity. This ordinance does not regulate constitutionally protected religious or political door-to-door speech.

Included in this ordinance are regulations on mobile vending units like food trucks and ice cream carts. This includes regulations on hours of operation and parking and standing within the city limits, and generally prohibits sales from fixed locations on City sidewalks or other public places.

Exempt from the ordinance are private yard or garage sales and the sale of newspapers. The Sausalito Police Department encourages residents who do not want to be disturbed by door-to-door solicitors to post a "no solicitation" or similar sign in their front yard.

Please contact Lieutenant Stacie Gregory for more information at sgregory@ci.sausalito.ca.us or (415) 289-4188.

To sign up for the City's eNewsletter, click here:

[Sign up to receive the weekly City of Sausalito eNewsletter called The Currents](#)

*Sausalito Village
Health Care Advocacy
Corner*

**Medicare helps you to choose a rehab
nursing facility with ratings and
comparisons**

If any readers looked further at the Plan Your Lifespan web site (www.planyourlifespan.org) listed in last month's Newsletter, you may have come across this very informative page on the Medicare.gov web site. It provides information about all of the nursing facilities allowing you to search by

distance from your home, characteristics of the facility and overall ratings. It also allows you to choose up to three facilities to compare against one another.

There are 10 facilities within 10 miles of San Rafael. Can you guess which one was rated the highest overall? You will have to go to the web site to find out! Click here: [Medicare.gov Nursing Facility Comparison](http://www.Medicare.gov/Nursing-Facility-Comparison)

Lending the City and our neighbors, a helping hand



At Age Friendly Sausalito's request, the City's Department of Public Works initiated the Pedestrian Flag Program along Bridgeway. To provide the monitoring and publicity necessary, members of Age Friendly and Sausalito Village will be taking over the program as of SEPTEMBER 12th. Focus will be on three of the most dangerous crosswalks: Second/Main, Bridgeway/San Carlos and Bridgeway/Napa. Here are the simple instructions to safely using the flags:

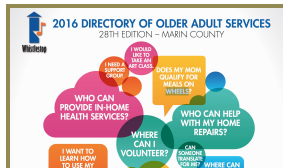
1. **Hold flag high and point** in the direction across the street
2. **Step 12" into crosswalk** to let drivers know you are crossing
3. **Make eye contact with Driver** when they slow down to ensure they see you and come to a complete stop
4. **Begin to cross the street** and look in the opposite direction to make eye contact with Driver on other side to ensure they stop
5. **Return flag to container** on the pole once you have crossed



The monitoring team will help to redistribute flags and monitor the need for replacements. A team of volunteers will be assembling flags on Sunday, September 11th.

If you would like to find out how you can help with this project, email concierge@sausalitovillage.org.

Sausalito Village has Copies of 2016 Directory of Older Adult Services in Marin County by Whistlestop Do you need one?



Sausalito Village's Healthcare Advocacy Chair, MaryKae Krause picked up several copies for Sausalito Village members who are not able to use the computer. Contact the Concierge to make arrangements to receive one by phoning 415-332-3325.

If you would like to look at the County Resources on Whistlestop's online directory, click on the link: [Open Whistlestop's Director of Older Adult Services](#)

RESULTS ARE IN.....



Thanks so much to everyone who took the time to complete the Member Survey. Here are some of the things we learned....

- 51% of members learned about SV through friends, family, neighbors and 32% learned about SV by attending an event
- 61% joined to be able to remain in their homes, 55% to meet new people and enjoy the events, 23% to receive assistance and 41% to volunteer
- 84% are happy with the changes to the Weekly Calendar Update and Newsletter
- 60% visit the web site
- Top activities members are interested in that would be new to SV include Tai Chi (coming!), Going to the movies, Going to cultural events, Meditation, Bridge, Mah Jong, Hiking (happening!)
- 52% have attended a Monthly Meet and 58% have gone on a trip
- 19% of members describe their health as excellent, 69% as good, 10% as fair, 2% as poor
- 53% are familiar with the Health Care Advocacy Committee, 33% are not and the rest were interested in hearing more (these members have been contacted)

All of the information that we learned through your responses are helping us move the Village in the direction that better meets the needs of members. As an early result of the survey, hiking activities have started and a new Tai Chi class and dance class are in the works.

Members who were interested in specific activities have been contacted via email to identify members interested in hosting activities. Members who stated that they would like to learn more on specific topics have all been contacted as well.

Living Room Chats have started up again to introduce more residents to the Village. Thank you to those who offered to host a Chat in the coming months.

Sausalito Village Adventures in the Works....



- 9/21 Hiking on Angel Island...or taking the tram or just relaxing!
- 9/22 Double 8 Dairy Tour and Lunch
- 9/23 Seniors in Motion
- 9/27 Mini Golf and Lunch at McInnis Golf
- 10/4 Museum of Modern Art, San Francisco
- 10/? Trip to the Sake Factory in Berkeley and sushi box lunch
- 10/? Ferry and City hike to Coit Tower, lunch in North Beach
- 10/20 Golden Gate Fields
- 11/1 Asian Art Museum, San Francisco
- 11/17 Pier 24 Photography, San Francisco
- 12/? Met Opera at the Lark Theater, Larkspur
- AND MORE!

**DO YOU HAVE ANY IDEAS FOR FUTURE TRIPS?
LET US KNOW!**

Contact Tricia at triciasmith58@yahoo.com

Member Share Area

Email triciasmith58@yahoo.com if you have something to add next month

Bob and Betsy Stroman report that they have very much enjoyed watching several Spanish TV television series that are streamed on Netflix: Between the Seams (probably the best, from a book by the same name), Gran Hotel, and Velvet. The subtitles are good and you soon forget that you are watching a foreign language film. Unfortunately, Netflix discontinued showing a fourth, El Internado, just before we finished watching it. Bob and Betsy would be interested in hearing about other TV series people have enjoyed, please email them to the Member Share area (see above).

Don't Miss The Calendar of Events, Click Here:



SPECIAL THANKS TO FIRST CALIFORNIA REALTY AND STATE FARM



Every month, Sherrie Faber of First California Realty and Jon Lam of State Farm print and mail this newsletter to Sausalito Village members who do not have computers. This helps to keep all of our members connected to our community. Don't forget to say a special THANK YOU to them when you see them in town.

Sausalito Village is a 501(c)(3)
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