

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

Sunrise photo by Felicity Kirsch

Send your Bay Area photos to SausalitoVillageTips@gmail.com

Happy Friday, Villagers

And welcome to the our weekly Sausalito Village newsletter, a mix of local news, features, jokes, pictures, and information on events from around the village, virtually, and around the world.

Please send your contributions by 10 am Thursdays to:

SausalitoVillageTips@gmail.com

Are you forwarding this newsletter to a friend?

Have your friend sign up directly to receive the weekly newsletter by making the request to SausalitoVillageTips@gmail.com

Have you missed a previous newsletter? They are archived!

You can view past newsletters on the SV

Website: <https://sausalito.helpfulvillage.com/newsletters>

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

SV hosted events in the coming 2 weeks:

- March 24 - [Line Dancing](#)
- March 25 - [Monthly Sing Along](#)
- March 26 - Shakespeare with Judy Holmes (Class full)
- March 27 - [Learn About Caregiving Service](#)
- March 27 - [Group tour of the Redwoods](#)
- March 27 - [SV gentle mat yoga with Rayner NOW starting at 3:45pm](#)
- March 28 - [Afternoon book review group](#)
- March 29 - [Chip Conley-Learning to love midlife event at SCA](#)
- March 29 - [1/2 price for SCA Volunteers/Members ONLY Chip Conley-Learning to love midlife event at SCA Volunteer/Member pricing](#)
- April 1 - [Souper Monday Club featuring Sushi Ran](#)
- April 2 - Morning book review group (Group full)
- April 3 - [SV gentle mat yoga with Barbara NOW starting at 3:45](#)

To view the Sausalito Village calendar full of events [CLICK HERE](#)

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

Monthly Sing Along THIS Monday

Featuring Mike Kelly as host and Ariana Myers on piano

WHEN: Monday, March 25th, 4pm-5:15pm

WHERE: Chamarita Room, 501 Olima Street

RSVP: <https://sausalito.helpfulvillage.com/events/4248>

We will have a printed song book for you to follow along. Sing along or just listen.
Wine and nibbles will be served.

Call ahead for a door to door ride by 48hours ahead - Wendy at 415-332-3325
or SausalitoVillageConcierge@gmail.com

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

Photo from February sing along hosted by Maria Paterno and Ciji Ware



I Asked My Mom if She Was Prepared to Die

Then I talked to some end-of-life experts. Here's what I found out.

Recently, I had the following conversation with my 82-year-old mother, Mary:

Me: Are you prepared to die?

My mom: Not really. But I *am* prepared with my paperwork.

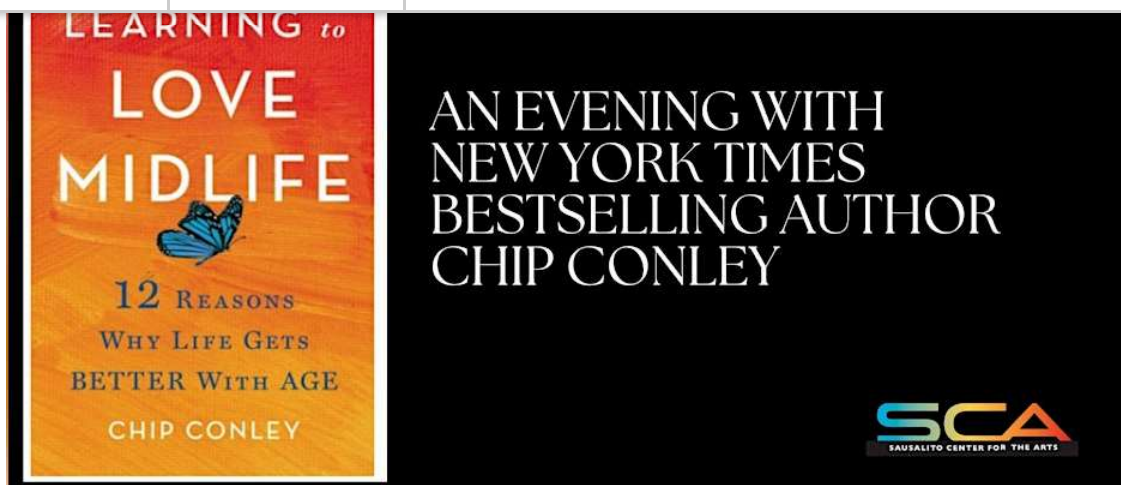
You might be wondering why I was asking my mom about her end-of-life preparedness. Well, when my dad, Paul, died suddenly a few years ago, we were *completely* unprepared.

"Dad and I never talked about what he wanted for his funeral," my mom said. "He was 74 when he died, and he was in pretty good shape."

On top of everything she had to do when he died, like planning the funeral, there was also the stress of finances and paperwork. "We had a joint checking account, but it didn't have a lot of money. Our other bank account had more money, but was only in his name. I had to get that sorted out, which took ages."

Preparing to die is complicated. How's that for an understatement? You have to consider the emotional, spiritual and financial aspects. We talked to three end-of-life experts who unpacked how to make this extensive undertaking slightly more manageable.

Continue reading [HERE](#)

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

Chip Conley: "Learning to love midlife: 12 reasons why life gets better with age"

SCA Event in partnership with Sausalito Village, Marin Villages and Books by the Bay

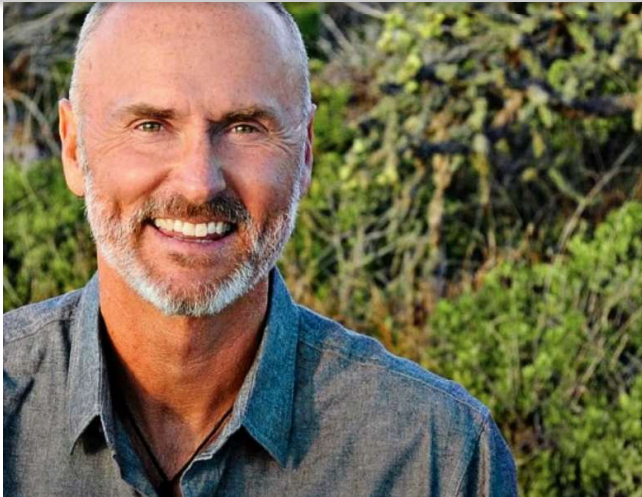
WHEN: Friday, March 29, 2024, 5:30pm – 7:00pm

WHERE: Sausalito Center for the Arts, 750 Bridgeway ([map](#))

PRICE: \$40 with book, \$30 without book - special 1/2 price tickets for **Sausalito Village members and volunteers ONLY** (\$20 with book, \$15 without book) at this

link: <https://sausalito.helpfulvillage.com/events/4345>

NON-SV TICKETS: <https://www.eventbrite.com/e/852939845037?aff=oddtcreator>



Chip Conley is a man on a mission. The New York Times bestselling author believes the world needs a "pro-aging" message based upon Yale's Becca Levy's research which shows that when someone shifts their mindset about aging from negative to positive, they gain 7.5 years of additional life.

Chip created MEA (Modern Elder Academy) with a beachfront campus in Baja six years ago and a 2,600-acre ranch campus opening in Santa Fe, NM in spring 2024. His latest TED talk, "An Alternative to the Midlife Crisis," is an insightful, brief hint at the topic of his newest book, "Learning to Love Midlife: 12 Reasons Why Life Gets Better With Age."

Chip will be in conversation with Cheryl Popp, owner of Books by the Bay. The focus will be on MEA's core curriculum: navigating transitions, cultivating purpose, owning one's wisdom, and reframing our relationship with aging by being "age-fluid."

Wine and nibbles will be served.

Free door to door rides are available in Sausalito through Sausalito Village. Call 415-332-3325 by March 27th to reserve yours.

Read recent SF Chronicle article about Chip Conley [HERE](#)



Did you know? Britain has 6 x more Sequoia Redwoods than California

Excerpted from Morning Brew

No one knew this until last week, when researchers published the first-ever study into the UK's redwood population and found they were thriving. Because they're much younger, the British redwoods are not as tall as their American counterparts—and are way more defensive about Kate Middleton conspiracy theories—but they could catch up in height, given that redwoods can live for 3,000+ years. How'd these trees get to the UK in the first place? They were brought over from their native California by 19th-century Victorians, who viewed the giant trees as a status symbol.

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

- Act naturally
- Found missing
- Resident alien
- Genuine imitation
- Airline food
- Good grief
- Same difference
- Almost exactly
- Terribly pleased
- Sanitary landfill
- Alone together
- Legally drunk
- Silent scream
- Living dead
- Government organization
- Working vacation
- Unbiased opinion
- Virtual reality
- Plastic silverware
- Conspicuously absent

-

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

Obituary of Olga Murray in the New York Times

Olga was a member of Sausalito Village and long time resident of Sausalito. She led an extraordinary life which was beautifully captured in this New York Times obituary.

Read the NYT obituary [HERE](#)



April 1st Souper Monday Club featuring

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

Everyone is invited - Reservations are required.

The idea is simple, having a hearty and healthy soup while meeting up with old friends or making new ones. The tables are set with fabric tablecloths, ceramic bowls/plates and real silverware and glasses. Light live music plays in the background. This month special thanks to Yoshi Tomei of Sushi Ran for donating 2 different soups. Bread, hot drinks and dessert will be served to the table.

WHEN: Monday, April 1, 11:30am-1:00pm

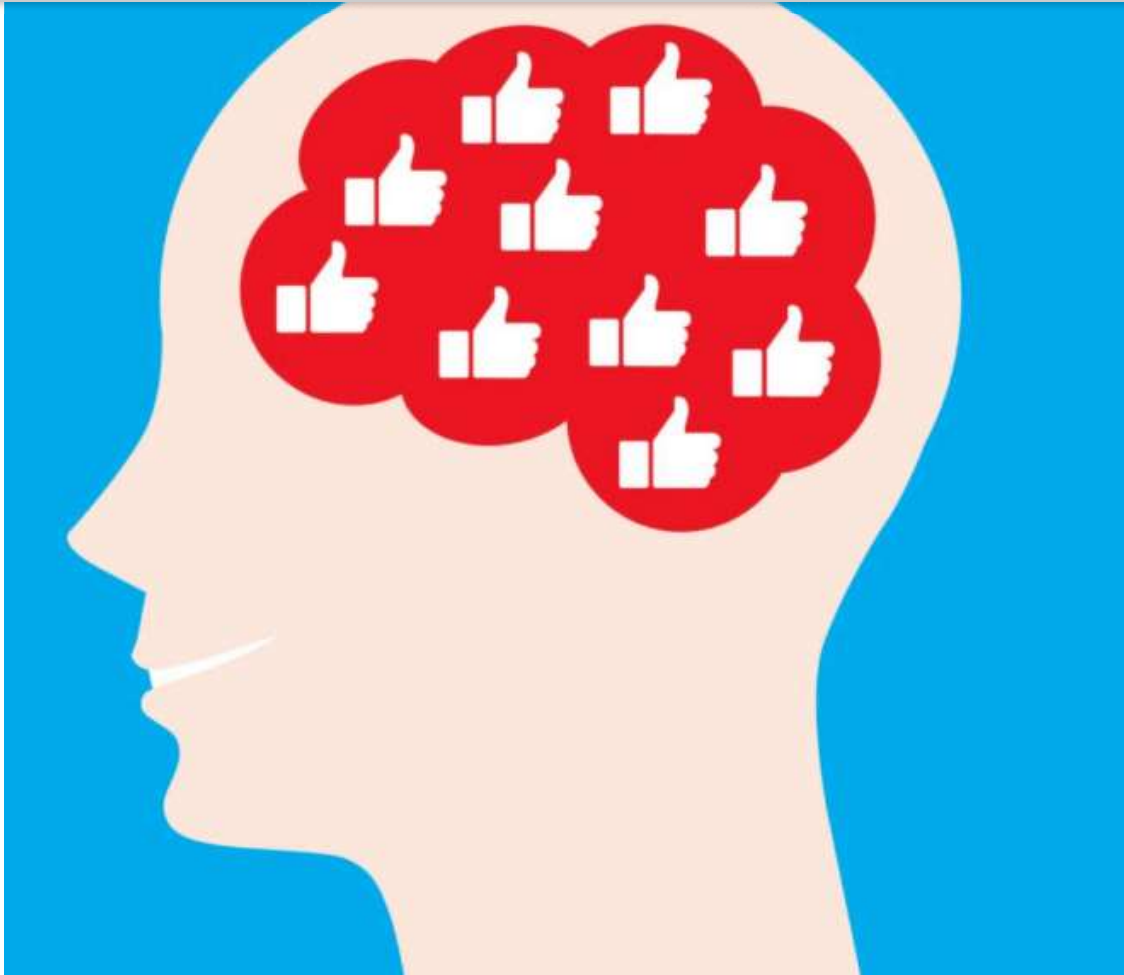
WHERE: Campbell Hall, 70 Santa Rosa

PRICE: No charge, donations accepted

RSVP: <https://sausalito.helpfulvillage.com/events/4113-souper-monday-club-featuring-sushi-ran>

Interested in volunteering? Email SausalitoVillageRSVP@gmail.com

Parking fills up. We will be providing shuttles from Dunphy Park - reserve your spot. Call Wendy at 415-944-5474 to reserve your ride by Friday, March 29th.

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

Here's a Simple Way to Increase Dopamine Every Day

Excerpted from Glamour

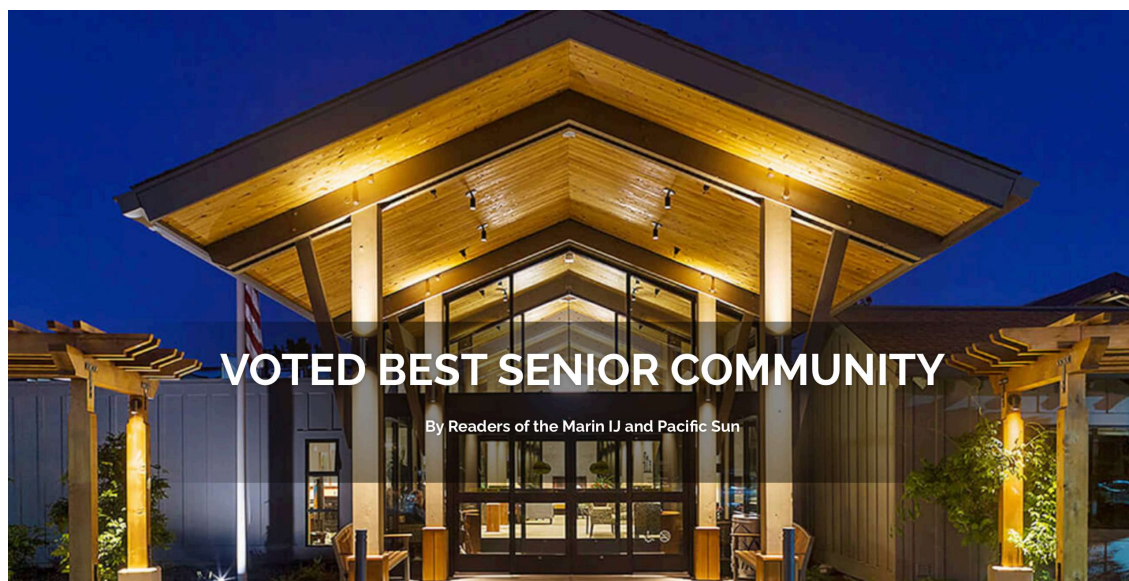
A simple way to generate dopamine is to give yourself something good three times a day; then, before you go to bed, write, think about, and remember what those three things were.

Easy, but something you must consistently work at. All studies agree that between 30% and 50% of personality traits are biologically determined. This means that 50% to 70% of these traits can be acquired and worked on throughout our lives.

So while our environment and the people around us have an influence, we can *also* take measures to be more optimistic. And in doing so, our gestures

mood), endorphins (which causes feelings of euphoria and prevents stress and pain), and dopamine. In the specific case of dopamine, it's a neurotransmitter that provokes a quick sensation of pleasure that's energizing and stimulating.

When looking for those three highs a day that activate our well-being, there's one that never fails: laughter. It's been proved that both natural and voluntary laughter generates dopamine. The insula, which is one of the parts of the brain most involved in identity, is activated when we see someone smile or when we smile ourselves. We see the power that a smile has on us, because the brain dedicates a large number of neurons to the face. When we smile, there is an increase in endorphins, neuropeptides, dopamine, and serotonin. These hormones when acting together are able to decrease stress, lower heart rate, increase productivity, and reduce anxiety.



Group tour of The Redwoods hosted by SV Healthcare Advocacy Committee

This is the first in a series of tours that we will arrange for members and volunteers interested in learning more about the choices in living outside of remaining in your home.

WHEN: Wednesday, March 27th, 2pm-3:30pm

WHERE: The Redwoods, Camino Alto, Mill Valley

As a group, we will be shown the different choices in apartments and rooms, the common areas, the renovations and more. Bring all of your questions with you.

Either meet us at The Redwoods front desk before the 2pm tour start or reserve a ride from Dunphy Park at 1:30pm with a volunteer driver.

CARSS rides are also available if you don't drive. Contact CARSS at 415-944-5474 by 48 hours ahead to reserve a ride.



The reason Trader Joe's employees wear aloha shirts

Excerpted from SF Gate

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

So why, exactly, does a large California-based grocery chain have such a tropical atmosphere?

There are a few competing theories. One is revealed in the second episode of the Trader Joe's podcast, ["Inside Trader Joe's."](#) Founder Joe Coulombe, who started Trader Joe's in 1967 in Pasadena, said that he was inspired by a 1919 book by Frederick O'Brien, the first in a trilogy inspired by the author's travels to the South Pacific.

"I'd been reading a book called 'White Shadows in the South Seas,' and I'd been to the Disneyland jungle trip," he said on the podcast in 2018. "It all coalesced. And that is why to this day the employees wear Hawaiian shirts."

It has also been widely reported that Trader Joe's took its theme and its name from Trader Vic's, the legendary Bay Area Tiki bar founded in Oakland in 1938. As one of the first Tiki bars in the country, Trader Vic's is widely credited with helping to massively popularize Tiki imagery and culture in America.



How to track your sleep with the Apple watch

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

Age-Friendly Marin Forum



****SV Healthcare Advocacy Committee Recommends this Age Friendly Marin presentation****

Learn about caregiving services in Marin

WHEN: Wednesday, March 27th, 10am

WHERE: Zoom

RSVP: [HERE](#)

What do you do when it is time to find caregiving support in the home or for a loved one whether it is for the short term after surgery or for the longer term when the individual or family needs extra support or full-time care in the home?

There are different options based on whether a person qualifies for the California program of In-Home Supportive Services (IHSS) or whether one wants to hire through a private agency or directly with an independent caregiver.

Age-Friendly Marin Hosts: Jody Timms and Diana Lopez

Speakers: **Mary Botelle**, Registry Manager, Marin CIL (Center for Independent Living)

Aurora Tovar, Support Services Coordinator, In-Home Supportive Services Public Authority (IHSS PA), County of Marin

Peter Rubens, Owner, At Home Caregivers

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

This is Rayner Needleman's most recent Stretch and Strengthen Class. Enjoy this youtube any time and be sure to join Rayner for the next scheduled 'live' zoom on the Sausalito Village calendar.

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

Why you should never get rid of your old passports

Excerpted from Islands.com

Your passport is one of the most essential travel documents when going out of the country. Once a passport has expired, though, you might think it no longer has much value — but that's not true. Old passports can confirm your identity and might still be linked to still-active visas. Additionally, if you toss your expired passport in the trash, there's a chance your personal information could get into the wrong hands and become an identity theft issue. So keep hold of it!

Plus, keeping that old passport will make it easier to obtain your next passport. In the United States, if you received your passport after you were 16, and it's within 15 years from when it was issued, you're able to send your expired passport to the National Passport Processing Center via mail to receive a new one as compared to having to go into

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

the content of the document, so double-check with the State Department. You'll get your expired passport back from the State Department after your renewal passport is processed. Ensure the renewed one is with you the next time you travel; the old one should have a hole punched in it or a corner cut off to help signal that it's expired.

When you receive that old passport back, you might think its job is finished — but still don't toss it. The U.S. Department of State advises that people hold onto their expired passports, particularly if they used that old passport for a still-valid visa for travel to a specific country. While your new passport will also be linked to the visa, you'll need to take both with you when you travel on that visa. Having the wrong documents is one mistake that will definitely slow you down at airport security.

In some instances, expired passports can help prove your American citizenship. It can also be used as proof of identification, assuming you still look at least somewhat like you did for your passport photo (it won't work as well if you try using one from when you were a kid to prove your identity as an adult). So, while an out-of-date passport may have to be paired with another form of unexpired ID, depending on the circumstance, it can still go a long way to proving you are who you say you are.

[Subscribe](#)

[Past Issues](#)

[Translate ▼](#)



[Subscribe](#)[Past Issues](#)[Translate ▼](#)

***It is not the fundamental I
For which the poet searches
But the deep most essential you.***

— A. MACHADO

MARK YOUR CALENDAR

Join us for an evening of poetry

WHEN: April 25, 2024, 7:00pm-8:30pm

WHERE: On zoom

A Sausalito Woman's Club Virtual Event
Co-sponsored by the Sausalito Library

Explore where the particular and universal, the actual and possible intersect.

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

around winning posts, as they share words that cheer, that soothe, that jostle our minds and mark our hearts.

Register for the free event [HERE](#)



Happiness photos from around the world

Excerpted from NPR

NPR asked the photojournalists of The Everyday Projects — a global community of photographers using images to challenge harmful stereotypes — to look through their archives for scenes that capture a sense of happiness and well-being, from small uplifting moments to big bursts of joy. They shared photos of former child soldiers playing soccer, of finding inspiration by listening to the blues, of teen girls in Ukraine blissfully jumping on a trampoline, of an older couple's moment of togetherness.



Enjoy a stress-free atmosphere with soothing music and delicious refreshments while you unleash your creativity.

RSVP: Just drop in

Sausalito's Parks & Rec provides the coloring and crafting supplies and Sausalito Library provides the treats.

Host will be A.T. Lynne who will also offer one ALWAYS EASY artistic topic each week for people to test, or not.



Coke or Pepsi?

Subway announced it's switching teams from Coca-Cola to PepsiCo as its beverage provider beginning in 2025. So, let's use the opportunity to play a classic game: Coke or Pepsi? We'll give you a product, and you have to name whether it's owned by Coke or Pepsi.

1. Sprite
2. Mountain Dew
3. Barq's root beer
4. Gatorade
5. Dasani
6. Muscle Milk
7. Fanta

Find the answer at the bottom of the newsletter.

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

Felecia Gaston as our tour guide!

Join us for this group tour of the Marin City history exhibit in Novato
Open to all

WHEN: Tuesday, April 9th, 10:30-12:00

WHERE: Marin County Office of Education: 1111 Las Gallinas Avenue, San Rafael

RSVP: <https://sausalito.helpfulvillage.com/events/4259>

Location of Exhibit: Marin County Office of Education: 1111 Las Gallinas Avenue, San Rafael

Interactive Guided Tour Includes:

- A California Black History story of American patriotism and Black migration to Marin City led by Felecia Gaston.
- Photography, artifacts, and primary sources depicting the history of Marin City.
- The significant contributions from Marin City that enrich the culture of Marin County, California and the United States.

Rides for SV members/volunteers from Dunphy Park, call 415-332-3325 or email SausalitoVillageConcierge@gmail.com by April 7th



Emergency Alert System TEST this weekend

This weekend, the County of Marin's Office of Emergency Management will test the emergency alert system called [AlertMarin](#) via text, call and/or email to those who have registered on AlertMarin.org. Please register for emergency alerts before tomorrow, Saturday.

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

1953 ten minute instructional video, click on the photo and learn to mind your manners!



Tax season signals the rise of IRS imposters

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

- They may say you owe unpaid taxes and threaten arrest if you don't pay immediately.
- They'll demand payment via wire transfer, prepaid debit cards, cryptocurrency, or by purchasing gift cards and sharing the numbers off the back.
- Or the IRS might have good news: you have a refund coming, which you can claim by clicking a link or calling a specified phone number and providing personal information.

What You Should Know

- IRS impostor scams often begin with a robocall, instructing you to press a number on your keypad to talk with a live agent or call back using the number provided.
- Scammers can manipulate caller IDs to appear as though the call is coming from the IRS.
- The real IRS initiates communication by mail, including in cases of delinquent taxes. The agency may contact you by phone only after you have received and not responded to multiple written notices.
- Federal agencies never request payment via wire transfer, cryptocurrency, or gift card. In 100% of these scenarios, [it is a scam](#).

What You Should Do

- If you get a call claiming to be from the IRS, hang up — or better yet, don't pick up the call to begin with.
 - If you want to confirm your tax payment status, call the IRS directly at 800-829-1040.
 - Forward any unsolicited emails or texts in which someone claims to be from the IRS or the Treasury Department to phishing@irs.gov. Do not click on any links or open attachments.
 - Know that beyond IRS impostors, tax ID fraud is still a problem. Consider obtaining an [IRS identity protection PIN](#). The IP PIN is known only to you and the IRS, and your return cannot be processed without it.
-

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

Enjoy 33 classics! Just click on the picture above



Answer:

1. Coke
2. PepsiCo
3. Coke
4. PepsiCo
5. Coke
6. PepsiCo
7. Coke

[Subscribe](#)

[Past Issues](#)

[Translate ▼](#)



SAUSALITO VILLAGE

***For information about our programs, events,
emergency preparedness, archived copies of
our weekly newsletters, visit the
continuously updated Sausalito Village
[website](#).***

This email was sent to <<Email Address>>

[why did I get this?](#) [unsubscribe from this list](#) [update subscription preferences](#)

Sausalito Village · PO Box 208 · Sausalito, California 94966 · USA