



August 2017 Newsletter



Check out all of the July 4th parade photos at our

Facebook page: [Click here](#)

Get your lifetime National Park Senior Pass

Rates are going up from \$10 to \$80 on August 27th



Getting older has its benefits and the lifetime National Park Senior Pass is one of them! \$10 is the cost of one admission to Muir Woods so this pass pays for itself in one visit.

As part of the America the Beautiful - National Parks and Federal Recreational Lands Pass program, U.S. citizens or permanent residents who are at least 62 years old can purchase a Senior Pass for a one-time processing fee of \$10....BUT ONLY UNTIL AUGUST 27th, when the price will increase to \$80.

Check out these benefits:

- Senior Pass admits you and other passengers in your car or private vehicle
- Senior Pass admits you and 3 other adults (who need not be seniors)
- Senior Pass gives you a 50% discount on federal use fees charged for camping, swimming, boat launching, parking and tours.

The senior pass is non-transferable and does not cover or reduce special recreation permit fees or concession fees charged by private companies.

Purchase your pass today right here at our own Bay Model in Sausalito! Here is the website hours and contact information for the Bay Model: [Bay Model information](#)

Calling All Artists!

5th Annual SV Art Show - Sunday, November 5th



Members of Sausalito Village are among the most active and involved citizens of our town and include many talented and accomplished artists and writers.

The Annual Art Exhibition is open to all SV members and volunteers. Each year the Exhibition has attracted more exhibitors and more art lovers. Entries include oil, acrylic and watercolor paintings, photography, jewelry and sculpture, as well as the books of SV authors.

The opening Reception, is always a highlight as attendees enjoy the art and conversations with the artists and authors accompanied by live chamber music. Drinks and finger food are served by volunteers.

Please mark your calendar and encourage your artist friends to submit their work for the Exhibition. The exhibit runs through December 16th.

For more information about dates and requirements for submission:

Artists contact:

Hillair Bell, hillairbell@gmail.com, 415 577 7220

Michael Sheats, mcsheats@gmail.com, 415 948 1433

Authors contact:

Betsy Stroman, betsystroman@gmail.com,

Caregiver Support Group begins August 12th

Second Saturday of every month

Campbell Hall at the intersection of San Carlos and Santa Rosa Streets

10:00am-12:00pm

The Support Group is being led by professional, credentialed facilitators and will serve residents of Sausalito, southern Marin and beyond. The Group is meant to offer caregivers of loved ones suffering with Alzheimer's, Parkinson's or other cognitive impairment the ability to exchange information, learn about solutions to problems, talk through challenges and ways of coping, share feelings and frustrations, and learn about available resources. Participants and their situations are assured complete confidentiality. For additional information, email caregivermarin@gmail.com.



You're Invited

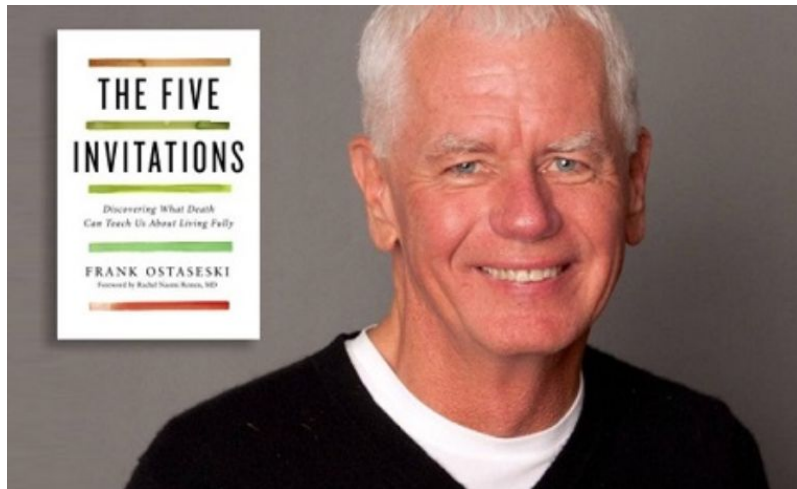
Discovering What Death Can Teach Us About Living Fully

Death is not waiting for us at the end of a long road. Death is always with us, in the marrow of every passing moment. She is the secret teacher hiding in plain sight, helping us to discover what matters most.

We are excited to announce that Frank Ostaseski will be with us to discuss his recent book, *The Five Invitations*. The book develops five mutually supportive principles that are reliable guides for being with dying and unlocking its rich teaching for living. The principles can be understood as best practices for anyone navigating a life transition, a loss, serious illness, or personal crisis. They have relevance for all of us striving to live lives with integrity, meaning, and purpose.

Frank is an internationally respected Buddhist teacher and visionary cofounder of the Zen Hospice Project, and founder of the Metta Institute. He has lectured at Harvard Medical School, the Mayo Clinic, and Wisdom.2.0, and he teaches at major spiritual centers around the globe.

Plan to attend this special event hosted by SV's Being Mortal Committee on Wednesday, August 30th, 3:00 PM, Edgewater Room, Sausalito City Hall. This is a free event, open to all, no reservations required.



Digital Corner



Phone Apps you might like

CLICK on the App name for more information

[AARP Now](#): View daily news briefs, videos and local events (music to sports). Some features, such as discounts, are only for AARP members. The app has been downloaded more than 1.2 million times since launching a year ago.

Shopwell: Created by dietitians, this app helps you find healthier food at the supermarket. Use it to scan barcodes, and then the app will score food and suggest better alternatives based on your profile. You can track purchases and get email notifications, health news and tips.

Elevate: Studies show mental stimulation may reduce the risk of Alzheimer's disease. This brain-training app lets you customize a game-based program to strengthen analytical and communication skills. Plus, it's fun.

Healthcare Advocacy Tip for July

Are you concerned about your memory?

Brain Fitness

Seriously, it's all fun and games!

Memory Screening

Concerned about your memory?

If you have concerns about your memory, or would like to have a baseline assessment, contact Senior Access for a thirty minute appointment at 415-491-2500 ext 20 or email: ahaight@senioraccess.org. You will be tested and given time to discuss your concerns with a trained geriatric specialist.

It's never too late to make lifestyle changes that affect your memory.

Go to www.senioraccess.org or phone 415-491-2500 for information about senior social activities designed to add to your cognitive reserve - games, tours, interactions with seniors who have similar concerns.

Member Share Area

If you have something to share - a poem, an idea, a request....send it to triciasmith58@yahoo.com for submission in next month's newsletter.

Member Felicity Kirsch shared an article from the New York Times about securing your passwords. To read the full article, click here: [Secure your passwords](#)

Member Marian Taylor shared a compelling article entitled: "One-third of dementia cases could be prevented" This article was published on CBS News online on July 20, 2017. To read the full article, click here: [Preventing dementia](#)

Community Event If you have an event to share, send it to triciasmith58@yahoo.com to be published in next month's newsletter

Freedom From Pain - Self Hypnosis Training and Study Group. Mondays, 10-11:30am, Sausalito Fire Station, 333 Johnson Street. Free. Led by Clinical Licensed Hypnotherapist A.T. Lynne (www.sausalitohypnosis.com).

Floating Homes Tour, Sat. Sept. 30th - Volunteers NEEDED! Proceeds from the ticket sales of the annual event support organizations like the Marin City Library and Sausalito Village.

Please sign up today to help - you will have fun! Click here to volunteer: [Sign up here](#)

Questions? Email Kay at kayhornefha@yahoo.com

To purchase your tickets click here: [Purchase your ticket today](#)

SPECIAL THANKS TO FIRST CALIFORNIA REALTY AND STATE FARM

Every month, **Sherrie Faber of First California Realty (415-339-9200)** and **Jon Lam of State Farm (415-331-1002)** 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.



