



SAUSALITO VILLAGE



January 2018 Newsletter



Photos from last month's Holiday Party and Sing-along

View our monthly calendar of events: [Click here](#)



New Year's Resolution #1: to volunteer

Volunteering and its Surprising Benefits

How Giving to Others Makes You Healthier and Happier

Why Volunteer?

Volunteering offers vital help to people in need, worthwhile causes, and the community, but the benefits can be even greater for you, the volunteer. Volunteering and helping others can help you reduce stress, combat depression, keep you mentally stimulated, and provide a sense of purpose. While it's true that the more you volunteer, the more benefits you'll experience, volunteering doesn't have to involve a long-term commitment or take a huge amount of time out of your busy day. Giving in even simple ways can help others in need and improve your health and happiness.

- **Volunteering connects you to others**

One of the better-known benefits of volunteering is the impact on the community. Volunteering allows you to connect to your community and make it a better place. Even helping out with the smallest tasks can make a real difference to the lives of people, animals, and organizations in need. And volunteering is a two-way street: It can benefit you and your family as much as the cause you choose to help. Dedicating your time as a volunteer helps you make new friends, expand your network, and boost your social skills.

- **Volunteering is good for your mind and body**

Volunteering helps counteract the effects of stress, anger, and anxiety. The social contact aspect of helping and working with others can have a profound effect on your overall psychological well-being. Nothing relieves stress better than a meaningful connection to another person.

- **Volunteering combats depression**

Volunteering keeps you in regular contact with others and helps you develop a solid support system, which in turn protects you against depression.

- **Volunteering makes you happy**

By measuring hormones and brain activity, researchers have discovered that being helpful to others delivers immense pleasure. Human beings are hard-wired to give to others. The more we give, the happier we feel.

- **Volunteering increases self-confidence**

You are doing good for others and the community, which provides a natural sense of accomplishment. Your role as a volunteer can also give you a sense of pride and identity. And the better you feel about yourself, the more likely you are to have a positive view of your life.

- **Volunteering provides a sense of purpose**

Older adults, especially those who have retired or lost a spouse, can find new meaning and direction in their lives by helping others. Whatever your age or life situation, volunteering can help take your mind off your own worries, keep you mentally stimulated, and add more zest to your life.

- **Volunteering helps you stay physically healthy**

Studies have found that those who volunteer have a lower mortality rate than those who do not. Older volunteers tend to walk more, find it easier to cope with everyday tasks, are less likely to develop high blood pressure, and have better thinking skills. Volunteering can also lessen symptoms of chronic pain and reduce the risk of heart disease.

- **Volunteering brings fun and fulfillment to your life**

Volunteering is a fun and easy way to explore your interests and passions. Doing volunteer work you find meaningful and interesting can be a relaxing, energizing escape. Volunteering also provides you with renewed creativity, motivation, and vision.

This information was excerpted from HELPGUIDE.ORG *Trusted guide to mental & emotional health*

Click here for the full article: [Article](#)

Volunteer Opportunities with Sausalito Village

- **Sausalito Village and CARSS Drivers:** It's the mainstay of our Mission, let's share this responsibility more broadly and make sure none of us suffers "burn-out"... Let's keep it Fun! SV Drivers take members to medical appointments anywhere in Marin, CARSS Drivers volunteer for one 4 hour shift per month to drive seniors anywhere they need, around town.
- **Buddy List Matching:** Help keep our offline Members in touch with what's happening in our community.
- **New Member Welcome Buddy:** Buddy up with one of our new Members to invite them to attend events and classes, or to just check in.
- **Participating Merchant Discounts:** Our local businesses appreciate our business and often don't mind showing their appreciation with discounts for our Members, but someone needs to ask them!
- **Preferred Providers:** Help to recruit and vet reviews of local Businesses and Service Providers from our Members.
- **Fundraising Team:** Help develop our long term plan and ensure our future stability.
- **Writers:** Add and maintain the content of our Newsletter, Web pages and Social Media accounts.
- **Event Planning/Organizing:** Help plan and organize Fun Things for us to Do!

THIS is just a partial list, if you have an interest or expertise, and an hour or more to share, let's work together to see how to get you involved. Everyone has something to contribute.

It'll be Good! Good for you & Good for our Wonderful Community!

New Year's Resolution #2: to connect and socialize more

Senior Center Without Walls Online learning and socializing



Senior Center Without Walls is an award-winning program of Episcopal Senior Communities offering activities, education, friendly conversation, and an assortment of classes, support groups, and presentations to seniors. Each week, seniors can access over 70 groups by phone or online, all from the comfort of home.

Senior Center Without Walls offers their programs in four thirteen-week sessions each year – Winter, Spring, Summer & Fall. Each session features new content alongside old favorites. Click [here](#) to view the [Fall 2017 Catalog](#). The Winter Catalog is coming soon so get yourself registered! Once you're registered, you'll receive a current catalog and a calendar with information about how to access the groups and how to get any group handouts.

Take a look, you'll be astounded by the range of opportunities on offer. Travel, Museum (virtual) Visits, Conversation/Discussion/Chat, Book Clubs, Health & Wellness, Games, Spirituality, Language, Story-telling, Music, Exercise, Support Groups.... the list goes on and on. If you can think of it, they very well may have it. And, if they don't, you can propose it. The bulk of the content is participant-driven. Share your knowledge and skills!

Learn more about this innovative program and register by clicking here: [More info about SCWW](#)

Senior Center Without Walls' Power to Change Symposium

Power to Change is a first-of-its-kind event being co-sponsored by Senior Center Without Walls and The Center for Creative Aging San Francisco (<http://www.creativeagingsf.org/>) on **Wednesday, January 17th 10am-3:30pm**.

It is an online (in the comfort of your home) symposium to ignite the belief that older adults can use their creativity to continue to transform the world. Suggested donation is \$10, scholarships are available. Learn more and RSVP by clicking here: [Symposium](#)

Whether you think of yourself as creative or not, tools will be given to unlock the creative promise we all carry. Each attendee will be reminded that creativity is beyond art-making – it is about using your imagination to forge new paths. This symposium will share inspiring stories and creative tools to ignite changes from the very personal level of communicating one's story all the way to speaking with legislators. Join in as we remind each other that we all possess the *Power to Change* our world.

Below are just a few samples of what is on the schedule:

- ***Dr. Fred Mandell's award winning book, *Becoming a Life Change Artist*, has opened new pathways for growth as we age. Dr. Mandell's insights have served as a compass, moving many to view their lives and work in new ways.***
- ***Postcards With A Punch Workshop***
First, learn why writing your legislators does make a difference and tips for what to include in your letter. Then explore creative ideas for using simple, household materials to make your letters stand out from the pack.
- ***A 2003 brain aneurysm nearly took his life, but since then, Dr. David "Lucky" Goff has encouraged elders to seize the metamorphic experience of elderhood, reminding us we can be seen and heard in this society.***

New Year's Resolution #3: improve health and well-being



Digital Corner

Health related issues - find your answers online

Since 1974, the mission of the National Institute on Aging (NIA) has been to improve the health and well-being of older Americans through biomedical, social, and behavioral research.

An easy to use site for senior health. Topics include Cognitive Health, Exercise, Healthy Eating, End of Life and much more. Browse the A-Z Health Topics and you'll find comprehensive articles listing symptoms, causes, treatment options, and more.

Click here to get started: www.nia.nih.gov/health



January birthdays: Marilyn Aronowitz, Ceci Browne, Jane Clinton, Meg Fawcett, Teddie Hathaway, Stanford Hazelroth, Adam Krivatsky, Barbara Macondray, Valerie Miller, Rayner Needleman, Gerald Needleman, Anne Ortman, Chuck Ortman, Toyomi Tanaka, Rosalie Wallace. **Join the Birthday Toast on January 24th, 4pm, Chamarita Room**



New members this month: Marilyn Aronowitz, Bill Finn

With Sadness

It is with great sadness that we report that Noel Norton passed away earlier this month. She was surrounded by her loving family. Noel was a supporter, volunteer and member of Sausalito Village from the very beginning. We will miss her!

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.

SV Member Margo Merle highly recommends the new Acrylic Landscape Painting Class through Sausalito Parks and Rec being taught by Bernard Healey. Click here to learn more: [Bernard's Class](#)

Special Thanks to Sherrie Faber and First California Realty

Sherrie and her staff 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 her when you see her in town!
Sherrie can be reached for your real estate needs at 415-339-9200.

