



## Happy Thursday, Villagers

Please [send along](#) your suggestions for materials to add to the daily tips. We're always looking for good content. And visit our [website](#) for more information about our organization and programs.

*Note: The Tips now has its own [email address](#) to forward ideas for content. Please correct your email.*

Photo by Patricia Smith

---



Sunday: [Tales of the Trail](#). 7-8

---

### Latest on COVID Vaccines

- **65+:** for appointments at Marin Public Health's two locations at Marin Center and Larkspur Landing Ferry Terminal and all other Marin locations. <https://coronavirus.marinhhs.org/vaccine/status>
- **Subscribe to the Marin County COVID-19 [Status Update](#) for daily updates on COVID**
- **The online [MyTurn system](#) also doubles as a notification system. Everyone is encouraged to register with the MyTurn system to be notified of when you're eligible to be vaccinated at a nearby large scale vaccine site.**
- **The [SausalitoVillage Website](#) has information on COVID vaccinations and tests.**

### New Vaccine Appointment Hotline for Older Adults

**Starting March 1, Marin County older adult residents – age 75 & older -- who have struggled to make their own COVID-19 vaccination appointments via the internet can call 833-641-1988 to get assistance from a real live human being. This phone line will operate Monday through Friday, 8 a.m. to 5 p.m., and is targeting those do not have internet connectivity or an at-home computer, tablet or smartphone. If you know of an older adult who does not have reliable internet access**

The Medicare.gov logo is displayed in a large, green, sans-serif font. The word "Medicare" is in a lighter green, and ".gov" is in a darker green. The logo is centered within a light blue rectangular background.

## Medicare covers the COVID-19 vaccine at no cost to you

[Learn More](#)

Getting vaccinated is an important step to help protect you from getting COVID-19. [Medicare covers the COVID-19 vaccine](#), so there's no cost to you.

Bring your red, white, and blue Medicare card or Medicare Number to your vaccination appointment so your health care provider or pharmacy can bill Medicare. If you can't find it, you can also view your Medicare Number or print your Medicare card from your [online Medicare account](#), or call us at 1-800-MEDICARE.

"Safe and Healthy Living at Home for Older Adults", 10-11am, Thursday, 03/04, via Zoom, hosted by Marin County Commission on Aging.

This presentation will provide much needed information about how older adults can improve their homes to ensure sustainable safe and healthy independent living.

By attending, participants will:

- Learn about preventing falls with home modifications and the Dignity at Home Fall Prevention Program.
- Hear about what makes a healthy, safe and energy efficient home and how you might be able to benefit from programs and services offered by MCE Healthy Homes, Marin Center for Independent Living and others.
- Gain knowledge of fire safety measures to implement inside your home.

Featured Presenters:

- Michelle Nochisaki, Customer Programs Manager, Marin Clean Energy
- Tonique McNair, Assistive Technology Advocate, Marin CIL and Tim Stevens, Business Development, Home Safety Services
- Jason Weber, Chief, Marin County Fire Department

encouraged to attend!

Join Zoom Meeting - Closed Captioning Available

<https://us02web.zoom.us/j/8526641821>

Meeting ID: 852 664 1821

Dial in number 1+ (669) 900-6833



## **LET SAYLORS COOK YOUR ST. PADDY'S DAY DINNER!**

**CARSS/SV Drivers providing free contactless delivery to your door!**

### ***OPEN TO SV/CARSS MEMBERS AND VOLUNTEERS***

Sausalito Village is working with local restaurants to give you a night off from cooking.

Let us know if you are interested in ordering. Each meal is \$20 including tax and tip, and delivery is free by CARSS/SV volunteers.

Bless Sean Saylor! Yes, they are doing a corned beef & cabbage dinner, with green beans, carrots, and boiled red potatoes. And a horseradish cream sauce! Quintessential St. P's dinner!

Please place your reservations in by 5:00 Thursday 3/11/2021 for delivery between 5:15 pm-6:00 pm on Wednesday, March 17th

[Purchase Tickets](#)



**Though Broadway may be closed down for now, let me take you there in my new series:**

### **Exploring Broadway: Game Changers**

**Four Thursdays, March 4, 11, 18, 25**

1:00-2:15pm (PT),

In the series, we'll look at over 40 different shows, each of which was somehow a milestone in the development of American musical theater. For details & tickets, visit [click here](#).

As always, during registration, please be sure to choose the JCC or organization in your community through which you first learned about our programs.

Questions? Email me at [jsokol@marinjcc.org](mailto:jsokol@marinjcc.org).





## [Making Conversation: Seven Essential Elements of Meaningful Communication](#)

Fred Dust was a Senior Partner and Global Managing Director at international design firm IDEO. A leading voice and practitioner of human-centered design and networked innovation, he helps organizations in media, finance, retail, and health confront disruption stemming from shifts in consumer behavior, social trends, economic pressures, and new technology. He also chairs the board of Parsons and sits on the board of the New School, NPR, and the Sundance Institute.



## Get the scoop on vaccines, viruses, & more

Is your brain overflowing with questions about mutating viruses, vaccine roll-outs, and more? Get your questions answered by watching our recent *Breakfast Club* livestream with the Academy's Chief of Science, virologist Dr. Shannon Bennett. In this livestream, Dr. Bennet discusses the latest emerging strain of COVID-19, its implications for transmission, shelter-in-place, and more, as well as the mechanics and efficacy of the vaccines we're using to fight it.

[Watch](#)

(from March Academy Updates)



**BRAND-NEW LAMBORGHINI. I SAID,  
"WOW, THAT'S AN AMAZING CAR!"**



**HE REPLIED,**

**"IF YOU WORK HARD, PUT ALL YOUR  
HOURS IN, AND STRIVE FOR EXCELLENCE,  
I'LL GET ANOTHER ONE NEXT YEAR."**





## 9 Psychological Tricks to Develop a Fitness Habit

Why are fitness habits so difficult to create? Fitness habits are inherently no more difficult to develop than other habits, but the culture around fitness creates problems. In particular, I had a hard time with "Just Do It".

WE are A  
Community

***For information about emergency preparedness and COVID resources, visit the***

Subscribe	Past Issues		Translate ▼	R
-----------	-------------	--	-------------	---

[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