
Your Sausalito Village Newsletter - June

Sausalito Village <sausalitovillagenews@gmail.com>

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June 2018

NEWSLETTER

The power of imagination makes us infinite.

John Muir



Fourth of July Parade

Want to join us for the Fourth of July Parade? Gather at Charlotte Mastrangelo's home (105 Third Street), at 8:00 a.m. to paint signs and help with other decorations. Food, drinks, and coffee will be provided.

Our theme this year is the TV show Star Trek - Live Long and Prosper! Our colors are blue, red, and gold. (If you really want to go Star Trek - Spock ears, jewelry, and clothing are available on Amazon.)

We will have three cars available for those who cannot walk the distance to City Hall. Space in the cars is limited to nine people - reserved on a first come, first served basis. **RSVP:** sharon126@aol.com

Walkers should be prepared to carry a hand-held sign or one end of a banner.



EVENTS

Looking for the complete schedule of Sausalito Village events? [Click Here](#)



Life From a Lower Perspective

By Tricia Smith, President of Sausalito Village Board of Directors

A short bike ride on April 29 changed my life. I learned some valuable life lessons and am oddly grateful for the experience, which will forever alter my view.

On that day I made a simple mistake which caused me to fall over on my bike and hit the ground hard, hip first. Although I felt no pain I knew I could not get up unassisted. A visit to the emergency room revealed a compressed fracture of the neck of the femur. By luck (bad) I hit it in just the right spot. The good news is that I did not hit any other part of my body and once this is healed - 30 days without any weight on my right side (no walking, kneeling or driving) the hip will be 100%.



Surgery gave me three new shiny stainless steel screws connecting the femur, neck, and ball and some important lessons:

Lesson 1: The humbling of the BEDPAN. Did you know they have a new low-profile bedpan for people who have hip issues? Unfortunately it was the first time the nurse used it and by accident put it under me backwards. Oops.

Lesson 2: Need for an ADVOCATE! My husband and I tried to be good advocates for my care. Every time a nurse came in with any type of pill or shot we asked them to explain what/why. The day of my scheduled surgery the nurse assured me I needed to take a blood thinner to avoid blood clots with surgery. I knew enough to ask questions but not enough to understand and question the answers. Two hours later the supervisor walked in stating the blood thinner was given by accident and I would now have to wait until the next day for surgery.

Lesson 3: Blessed be the STOOL SOFTENERS! While I was in the hospital the nurse explained I needed stool softeners because I was bed-ridden. Having never had surgery before, I did not understand the consequences of the anesthesia on my 'system' and was not advised about continuing to take stool softeners at home. Day two at home left me with concrete.....and the only real pain that I experienced.

Lesson 4: How can we fix MEDICARE?! I needed a wheelchair but am not yet eligible for Medicare. When we called a Medical Supply Store they quoted

\$400 (under Medicare) for the same chair that costs \$89 delivered in two days by Amazon. How will we ever fix Medicare with this type of overcharging?

Lesson 5: My LOWER PERSPECTIVE. My 30 days in the wheelchair has been eye-opening. Our world is so inaccessible - steps, small bathrooms, narrow spaces, uneven walkways, and more.

Lesson 6: SAUSALITO VILLAGE ROCKS! I now understand first hand the importance of our Village - I have borrowed a walker from SV, received rides from CARSS and SV, and received help with groceries and meals.

Join me at the upcoming FALL PREVENTION WORKSHOP on Tuesday, June 5, at 3 pm, Exercise Studio (downstairs at City Hall). The workshop is being conducted by Jana Wondriska, RN with Meritage. [Click here for more information.](#)



SAFE DRIVING

More and more older drivers are on the roads these days. It's important to know that getting older doesn't automatically turn people into bad drivers. Many of us continue to be good, safe drivers as we age. But as [this article](#) from Everyday Health outlines, there are age-related changes that can affect our driving skills.

Lucky for us, we have [CARSS](#), [Sausalito Village](#), and many other transportation options throughout Marin County to keep us active and engaged!



BREATH EXPERIENCE

by Margot Biestman

You are invited to participate in a Breathexperience class and explore how we can meet life's challenges with more ease and a sense of well-being.

Breathexperience is based on the original somatic body work, the Perceptible Breath developed by Ilse Middendorf of Berlin, Germany, and further developed by Juerg Roffler of Switzerland and the U.S.

Breath is life. A gift to each of us from the Higher Power, when we were born.

Breath movement is always available when we listen and receive what is already here, in the universe—waiting for us to recognize! We don't have to look for it.

We learn to allow breath to come and go on its own in ourselves, without our control or disturbance. We can physically sense that breath movement is real—a truth, as it moves in and through our body and into life itself.

It has a healing and growing power that can be a pleasure and delight. Students often say, "This is a 'Feel Good' Class." It has a depth of meaning and yet is taught with lightness and often laughter.

Breathexperience includes connections of many kinds—sensing, emotions

(feelings), thoughts, physical movements, partnership, talk, and more.

Wednesdays 10:30 am - 12:30 pm

Margot's Breath House, Sausalito

by donation only

Contact: Margot Biestman

415.722.8683

margotbreath@icloud.com



Five Steps to Lower Alzheimer's Risk

While there are no surefire ways to prevent Alzheimer's, by following the five steps below from Harvard Medical School, you may lower your risk for this disease — and enhance your overall health as well.

Alzheimer's disease is characterized by progressive damage to nerve cells and their connections. The result is devastating and includes memory loss, impaired thinking, difficulties with verbal communication, and even personality changes. A person with Alzheimer's disease may live anywhere from two to 20 years after diagnosis. Those years are spent in an increasingly dependent state that exacts a staggering emotional, physical, and economic toll on families.

A number of factors influence the likelihood that you will develop Alzheimer's disease. Some of these you can't control, such as age, gender, and family history. But there are things you can do to help lower your risk. As it turns out, the mainstays of a healthy lifestyle — exercise, watching your weight, and eating right — appear to lower Alzheimer's risk.

1. **Maintain a healthy weight.** Cut back on calories and increase physical activity if you need to shed some pounds.
2. **Check your waistline.** To accurately measure your waistline, use a tape measure around the narrowest portion of your waist (usually at the height of the navel and lowest rib). A National Institutes of Health panel recommends waist measurements of no more than 35 inches for women and 40 inches for men.
3. **Eat mindfully.** Emphasize colorful, vitamin-packed vegetables and fruits; whole grains; protein sources such as fish, lean poultry, tofu, and beans and other legumes; plus healthy fats. Cut down on unnecessary calories from sweets, sodas, refined grains like white bread or white rice, unhealthy fats, fried and fast foods, and mindless snacking. Keep a close eye on portion sizes, too.
4. **Exercise regularly.** This simple step does great things for your body. Regular physical activity helps control weight, blood pressure, blood sugar, and cholesterol. Moderate to vigorous aerobic exercise (walking, swimming, biking, rowing) can also help chip away total body fat and abdominal fat over time. Aim for 2 1/2 to 5 hours weekly of brisk walking (at 4 mph). Or try a vigorous exercise like jogging (at 6 mph) for half that time.

Keep an eye on important health numbers. In addition to watching your weight and waistline, ask your doctor whether your cholesterol, triglycerides, blood pressure, and blood sugar are within healthy ranges. Exercise, weight loss if needed, and medications (if necessary) can help keep these numbers on target.

Happy
Birthday

We're Celebrating with You in June!

Hillair Bell

Richard Brayton

Roger Brindle

Christine Darling

Mary Lou Dauray

Dr. James DeLano

Amy Farella

Elizabeth Flynn

Allan Hayes

Bill Kirsch

Michael Lewis

Laila Messer

Bill Miller

Wally Raymond

Susan Roegiers

Norman Scheiner

Betsy Stafford

Thomas Theodores

Peter Van Meter

Gilleen Yattes



ASK MIKE

Q: Why is it important to lift weights as we age? What is the connection to weight lifting and bone health?

A: Senior years bring several physical challenges that put independence at risk. Among these are stability, bone density, and overall functionality. The good news is that strength training, also known as resistance training, has been proven to improve all of these! Walking, swimming, stretching, and like activities are all valuable, but they will not provide the same benefits as a well-designed resistance training program.

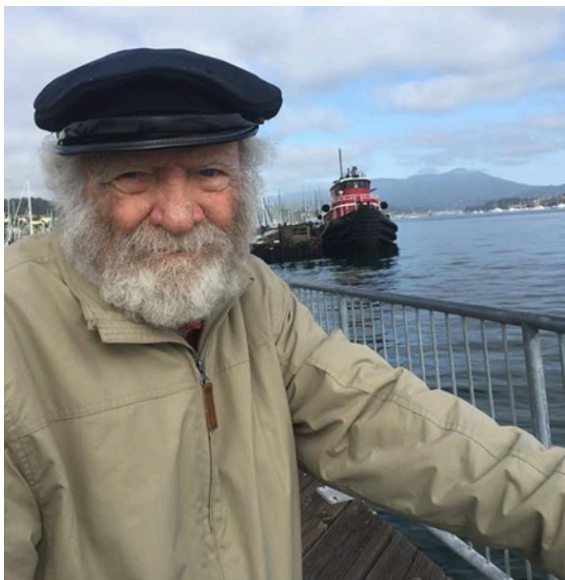
Strengthening your stabilizing muscles is essential to improving and maintaining stability. While it won't eliminate the risk of falling, it can greatly reduce its likelihood and the severity of injury caused by falling. Resistance training has also been shown to improve bone mineral density and prevent bone mass decline, which obviously affect posture and the ability to move effectively.

Simply put, the stronger our muscles are the more effective we are in motion. And if you want stronger muscles, you need to incorporate strength training into your exercise regimen.

When people hear “strength” training they usually think of free weights. While free weights are certainly one tool used in resistance training, there are many others that may be less intimidating and a bit safer for seniors. Resistance bands, cable machines, TRX straps, and devices that use your own body weight are very effective, simple resistance training tools. A personal trainer will be able to help design a simple, safe, and effective resistance training program for you that can help improve your stability, bone health, and overall functionality - which all contribute to happy, healthy independence.

“Ask Mike” is a monthly column written by Mike Witt, a certified Fitness Instructor and Sausalito Village/CARSS volunteer who, with his wife Karen, owns and manages the Anytime Fitness gym in the Gateway Shopping Center. Michael is in the process of obtaining additional certification in Senior Fitness. If you have fitness questions... [Ask Mike!](#)

Some Recent Adventures



PLEASE JOIN US ON [FACEBOOK](#) TODAY!



Special Thanks to Sherrie Faber and First California Realty for printing and mailing this newsletter to Sausalito Village members who cannot receive email. If you would like to discuss your real estate needs, Sherrie can be reached at 415.331.6100



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