



Photo by Edward Woods taken at SF Botanical Gardens
Send your 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



What's on the calendar?

Sausalito Village has a calendar full of events, most open to the entire community. Please take a moment and peruse the listings! [CLICK HERE](#)

Here are a few highlights:

In Person Sing Along at Campbell Hall - April 25

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

Tales of the Trails - May 1

Docent led Wildflower Hike on Ring Man - May 6

Covid 2nd Booster Clinic - May 11 (more info to come)

Sausalito Village & The Sausalito Woman's Club Invite You To

**Sing Alone,
Sing Along, or
Just Enjoy the
Singing**

- **Solos & Duets encouraged**
- **Sing Alongs with words projected**
- **Andy Dudnick on piano**

Date:**Every 4th Monday****Time:****3:00-3:30 Socialize****3:30-4:30 Sing****Place:****Campbell Hall****70 Santa Rosa Ave.**

Questions? Email SausalitoVillageRSVP@gmail.com

Rides available to all Sausalito seniors with CARSS

(Call A Ride for Sausalito Seniors) 415-944-5474

**JOIN US FOR OUR FIRST IN PERSON SING
ALONG SINCE COVID Monday, April 25th 3:00!!**

We will have the room set up socially distanced and require masks when inside. Please bring proof of vaccine. Thank you!

RSVP so we can plan food/drinks [HERE](#)



Thank YOU to the Founding Steering Committee of Sausalito Village

No, it's not your eyes - the photo is blurry but it is still precious! Founding member, Lois Prentice, sent this photo in. WE are so grateful to those who came before us to develop a strong base with their commitment and passion!

Special thanks to Founding President, Betsy Stroman.

From L to R in the front row: Barbara Lokkesmoe, Dana Whitson, Jackie Kudler, Sharon Seymour, Rick Seymour

From L to R in the back row: Anne Heurlin, Betsy Stroman, Lois Prentice

PS if anyone has photos from the first years, please send them to SausalitoVillageRSVP@gmail.com

Subscribe

Past Issues

Translate ▾

RSS



alzheimer's association
alzheimer's association

alz.org/walk | 800.272.3900

PROUD SPONSOR

A Walk in the Garden

A Benefit for the 2022 Walk to End Alzheimer's

Saturday, April 30th
9:00-11:00 and 4:00-6:00

Join us for a "walk" through The Promise Garden, a tradition to raise flowers representing the promise to remember, honor, care and fight for those living with Alzheimer's Disease and their caregivers.
13 Duxbury Cove, San Rafael, CA 94901

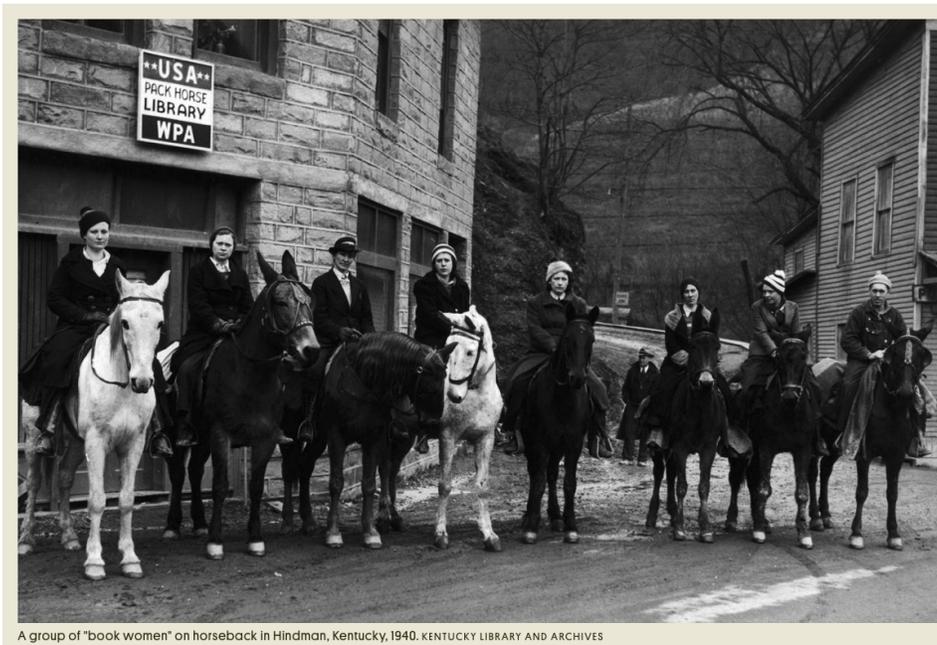
Suggested Donation \$5.00
or visit us at
http://act.alz.org/goto/Tweeten_Tweeties

Tweeten's TEAM Tweeties



TWEETEN ELDERCARE ADVISORS
GUIDANCE PLACEMENT SUPPORT

(707) 570-2589 or 415-997-4066
www.TweetenEldercare.com



The Women Who Rode Miles on Horseback to Deliver Library Books

Librarians are amazing.

Excerpt of article below by Atlas Obscura

Read entire article and view more photos [HERE](#)

They were known as the "book women." They would saddle up, usually at dawn, to pick their way along snowy hillsides and through muddy creeks with a simple goal: to deliver reading material to Kentucky's isolated mountain communities.

The Pack Horse Library initiative was part of President Franklin Roosevelt's Works Progress Administration (WPA), created to help lift America out of the Great Depression, during which, by 1933, unemployment had risen to 40

literacy at the same time.

In addition to providing reading materials, the book women served as touchstones for these communities. They tried to fill book requests, sometimes stopped to read to those who couldn't, and helped nurture local pride. As one recipient [said](#), "Them books you brought us has saved our lives." In the same year as the call for books, the *Mountain Eagle* [exalted](#) the Letcher County library: "The library belong to our community and to our county, and is here to serve us ... It is our duty to visit the library and to help in every way that we can, that we may keep it as an active factor in our community."



Where do the names of the months come from?

The short answer is Rome, but the long answer [is much more interesting](#). Remember Romulus' 10-month calendar? Well, September, October, November, and December simply mean "seventh month," "eighth month," "ninth month," and "tenth month" in Latin, respectively. But these names no longer made sense after the later additions of January, named after the Roman god Janus, and February, named after the Roman purification [festival Februa](#). As for the rest of the months, March is named for the Roman god Mars, April after the Greek goddess Aphrodite (though [there's some debate](#) about whether it might be based on the Latin word *aperio*, which means "I

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

The names of the last two months come from a few powerful Romans who got a little full of themselves. In 44 BCE, the month Quintilis (which means “fifth” in Latin) was changed to July in honor of Julius Caesar. His heir, Augustus, received the same honor in 8 BCE, when Sextilis (you guessed it, meaning “sixth” in Latin) was changed to August.



Docent Led Wildflower Walk on Ring Mountain in Tiburon

Age Friendly Sausalito is starting the 2022 Park Trips with this easy walk along the fire road on Friday, May 6, 2022. Exact time TBD.

Transportation and lunch is included. This is a FREE event and open to all seniors.

More information will be available on the Sausalito Village website in the next few days so MARK YOUR CALENDAR!

Click to reserve your space [HERE](#)



You can help make Sausalito an even more beautiful place by participating in an **Earth Day community cleanup** sponsored by the Parks and Recreation Department on Saturday, April 23.

Everyone will gather at [Gabrielson Park](#) at 2:00 p.m. to join a cleanup team. Then we'll disperse to parks and public spaces in downtown Sausalito to fill garbage bags with discarded wrappers, ice cream spoons, cigarette butts, and other assorted detritus.

We'll reconvene at Gabrielson Park at 4:00 p.m., and teams will share their garbage bag tallies and any interesting trash tales from the previous two hours. All participants will receive an official City of Sausalito pin for their efforts.

All ages are encouraged to be a part of the Earth Day community cleanup. Children should be accompanied by a guardian.

If you plan to participate, please submit a [registration form](#) so staff can ensure there are sufficient supplies on hand.



ELECTRONICS RECYCLING EVENT

Earth Day Cleanup in Marin City on Friday, April 22 and Saturday, April 23. Check-in will be at the parking lot at 100 Drake Avenue next to the playground. Join in for environmental activities, music, movies, and BBQ prepared by Mr. Jesse Polk. Help clean up parks and playgrounds. Drop off e-waste like old TVs, computers, and microwaves. Hours are 10:00 a.m. to 8:00 p.m. on Friday and 10:00 a.m. to 3:00 p.m. on Saturday.



Assembly Race Forum in Sausalito

On Tuesday, April 26th at 6:30pm we will be holding a candidate forum for the candidates running for state Assembly in District 12. This will be an in-person event at 420 Litho Street in Sausalito (City Hall) in the Edgewater Room. There

This event is hosted by Indivisible Sausalito and will be open to the general public. Because of seating capacity, we need people to RSVP to ensure that everyone has a safe and comfortable experience.

More info and to RSVP click [HERE](#)



Have you ever felt this way? Bear just coming out of hibernation



End of Life Care at the End of Life and Dignity in Death

Monday, May 16, 2022

4:00 p.m. to 5:30 p.m.

Campbell Hall, 70 Santa Rosa Ave, Sausalito

Register at: <https://sausalito.helpfulvillage.com/events/3346>

or go to the website sausalitovillage.org under Events

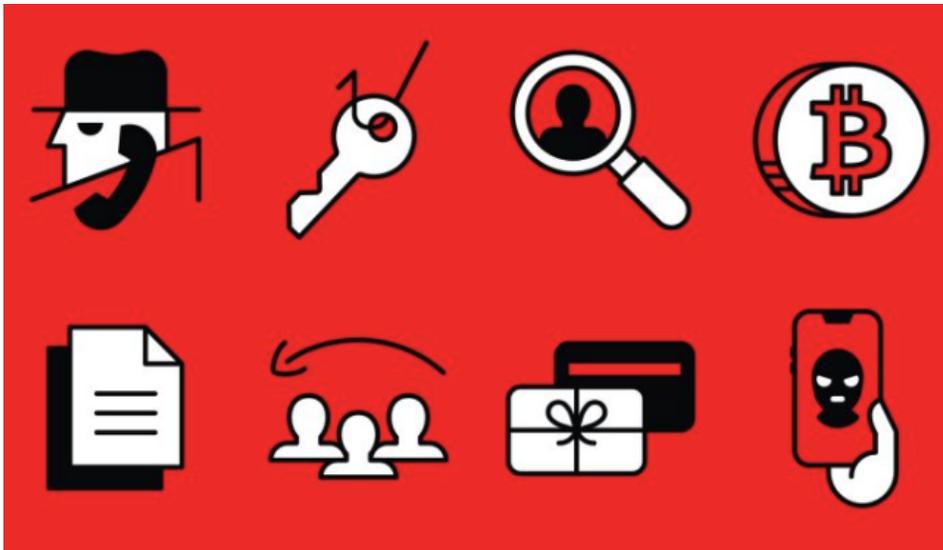
Is it different to die in old age, particularly in advanced old age, than to die earlier in life? Should it be? Our chances of dying increase with each year we live and, thankfully, most Americans die in elderhood, not childhood or adulthood.

Yet the facts of death in old age speak to different standards of care and attention to dying for older people, even as our country purports to have a single, universal approach. Polls find large gaps between what people want at the ends of their lives and what they get. Many of the recent “advances” in care for the dying – from palliative care to assisted suicide – are not set up with the very old in mind. What does death in old age look like today, and what should or could it look like? What can we through our words and assumptions about who and what is worthwhile to help provide people with dignified deaths?

Dr. Louise Aronson has prepared a special talk for Sausalito Village, combining two major topics: *End of Life Care at the End of Life* and *Dignity in Death*.

This presentation is part of the Sausalito Village program, Being Mortal 2.0. co sponsored by the Sausalito Library

Dr. Louise Aronson, MD MFA, is a leading geriatrician, writer, educator, professor of medicine at UCSF and the author of the New York Times bestseller and Pulitzer Prize finalist *Elderhood: Redefining Aging, Transforming Medicine, and Reimagining Life*. Her writing credits include the *New York Times*, *Atlantic*, *Washington Post*, *JAMA*, *Lancet*, and the *New England Journal of Medicine*, and she has been featured on NPR’s Fresh Air, TODAY, CBS This Morning, NBC News, and the New Yorker. More information can be found on her website: <https://louisearonson.com>

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

Beware: 8 Red-Hot Frauds

AARP Magazine

In their never-ending pursuit of your money and identity, criminals are constantly coming up with new cons. Here's a closer look at eight relatively new types of scams that are becoming more common, along with expert advice on avoiding them. Check out the list of today's hottest emerging frauds.

1. Google Voice Scam

Let's say you've posted a notice online — an item for sale, for example, or a plea to find a lost pet — and included your phone number. In this scam the crook will call you, feign interest, but say they want to verify first that you aren't a scammer. They tell you that you are about to get a verification code from Google Voice (their virtual phone and text service) sent to you, and ask you to read it back. What's really going on: They are setting up a Google Voice account in your name. "They can go on to perpetrate scams and pretend to be you, hiding their footprint from law enforcement," says Eva Velasquez, CEO of the Identity Theft Resource Center.

the [Google Voice Help Center](#).

2. Rental Assistance Cons

As eviction bans in cities and states expire, renters should be on the lookout for [rental assistance scams](#), says Deborah Royster, assistant director at the Consumer Financial Protection Bureau. Over 583,000 older adults were behind on their rent in mid-2021, opening the door for scammers to impersonate government or nonprofit employees and to request personal info and money up front for applications.

How to stay safe: Apply only to legit rental assistance programs run by government or nonprofit groups, Royster says. Find programs in your area at [cfpb.gov](#).

3. Fake-Job Frauds

Scammers harvest contact info and personal details from résumés posted on legit job websites like Indeed, Monster and CareerBuilder. Then, pretending to be recruiters, they call, email, text or reach out on social media with high-salary or [work-at-home job offers](#). Sometimes the goal is to get additional info about you; other times it's to persuade you to send money for bogus home-office setups or fake fees.

How to stay safe: Use a separate email address just for job hunting, and set up a free Google Voice phone number that rings on your phone but keeps your real number private, says Alex Hamerstone, advisory solutions director for the information security company TrustedSec. If you get a sudden job offer, independently call the company's human resources department to verify it is real, suggests Sandra Guile, spokeswoman for the International Association of Better Business Bureaus.

4. Fake Amazon Employees

One-third of business-impostor fraud complaints involve [scammers claiming they're from Amazon](#), the Federal Trade Commission (FTC) reports. Older adults are four times more likely to lose money and get hit harder — losing a median of \$1,500, versus \$814 for younger adults — in such scams. “Amazon is the biggest, best-known company in the [online sales] space,” Hamerstone says. So the impersonator scams “feel real” to people.

How to stay safe: Ignore calls, text messages, emails and social media messages about suspicious account activity, raffles or unauthorized purchases. If you think you may have a real account problem, contact Amazon customer support at 888-280-4331.

5. Cryptocurrency ATM Payments

Those ATMs cropping up in convenience stores, gas stations and big retailers are scammers' newest payment method. Pretending to be government officials, utility agents or sweepstakes representatives, they direct you to pay a

get your money back,” says Lisa Cialino, an attorney with the New Jersey State Commission of Investigation.

How to stay safe: According to the FTC, “nobody from the government, law enforcement, a utility company or prize promoter will ever tell you to pay them with cryptocurrency. If someone does, it’s a scam, every time.”

6. Local Tax Impostors

Scammers are impersonating state, county and municipal law enforcement and tax collection agencies to get you to share sensitive personal information or [send money to “settle your tax debt.”](#) They may call, email or mail letters threatening to revoke your driver’s license or passport. Some pretend to offer state tax relief.

How to stay safe: Ignore any such calls and emails. Real tax agencies, from the IRS to your town tax collector, do business by mail and won’t ask you for passwords or bank account or credit card info. They also won’t threaten to call the police or ask you to pay with gift cards, peer-to-peer (P2P) payment apps or cryptocurrency.

7. ‘Favor for a Friend’ Gift Cards

You receive an email from a friend asking for a quick favor. She’s having trouble with a credit card or store account and, annoyingly, can’t buy a gift card she needs for a birthday present. Will you buy the card and call her with the numbers on the back? She’ll pay you back. But this favor’s really a fraud, as it’s almost always an impostor sending the request, the Better Business Bureau (BBB) warns. If you do as told, you’ll never see the money again because [gift cards](#) don’t have the protections that debit and credit cards have.

How to stay safe: Call or text your friend to confirm the person really needs the favor. Target, Google Play, Apple, eBay and Walmart were the top cards used by scammers in 2021. “Always double check before sending someone money,” the BBB advises.

8. P2P Payment Requests

Scammers are increasingly demanding payment via [money-transfer apps](#) like Venmo, Zelle and Cash App. It’s so convenient — you pay in seconds from your phone or computer. But these payments usually cannot be canceled.

How to stay safe: Only use P2P apps to send money to friends and family. And turn on the security-lock feature that requires entering a passcode to make a payment.

Sari Harrar is a contributing writer to AARP The Magazine and writes frequently for the Bulletin and other national publications on fraud, health and consumer affairs. She is a National Magazine Awards finalist and received a CASE/Harvard Medical School Journalism Fellowship.

[AARP’s Fraud Watch Network](#) can help you spot and avoid scams. Sign up for free [Watchdog Alerts](#), review our [scam-tracking map](#), or call our toll-free [fraud](#)



Home fires claim seven lives every day, but together we can help change that.

The Red Cross is offering **FREE** smoke alarm installations and home fire safety information in MARIN County.



To sign up for a **FREE** smoke alarm:

- Scan the QR code
- Visit: <https://bit.ly/MarinRedCrossSmokeAlarms>
- Call (415) 721-2365, option 7

Please include your county of residence, phone number and email address.

Join our national movement and pledge to keep your family safe against home fires.

Learn more about **Sound the Alarm:**
[SoundTheAlarm.org](https://www.SoundTheAlarm.org)

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

Inspirational movie scenes



CARSS Program **(Call A Ride for Sausalito Seniors)**

CARSS (Call a Ride Sausalito Seniors) is a City of Sausalito Age Friendly Program for residents of Sausalito and the floating homes community, who are 60 and older. CARSS is managed by Sausalito Village with one goal in mind – to keep older residents connected to the community and safe as they age.

CARSS provides:

- **Free Rides around Sausalito and Marin City. Volunteers can also do errands.**
- **Service available Monday, Wednesday and Friday between 10am–2pm.**
- **Schedule a Ride/Errand a day ahead or the same day. Need a ride at other times or days just call 48 hours before.**
- **Rides/Errands provided by vetted volunteers with their cars.**
- **Masks and proof of vaccination are required.**

RIDE FOR FREE WITH CARSS!

For more information go to www.carss4you.org or call (415)944-5474 or infocarss4you@gmail.com



NO CLASS on April 25th. Join Rayner every other Monday live (on zoom) at 11am. See Sausalito Village website calendar

Stretch & Strengthen with Rayner



Joana Alegre Concert at IDESST Portuguese Hall

The Consulate General of Portugal in San Francisco and the Sausalito Portuguese Cultural Center are honored to invite you to an intimate concert by Joana Alegre, accompanied by pianist Vicente Palma.

Joana Alegre is a well known popular music talent in Portugal. She is a Portuguese Indie Folk/Baroque Pop singer, composer, songwriter and vocal coach. From her Portuguese roots, classical musical training and dreamy voice comes a captivating sound that is bound to leave you asking for more.

WHEN: April 30, 2022. Doors open at 5:30 PM for no-host bar and light snacks. Concert starts at 7:00 PM.

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

We hope you're able to join in the fun!

**Want to sit with other Sausalito Village members who will attend?
Email SausalitoVillageRSVP@gmail.com**

Need a ride? Reserve a ride with Sausalito Village! Call 415-332-3325 by April 28th.



Join Us for a Wildfire Safety Webinar Marin and Sonoma Counties Wednesday, May 4 | 5:30-7:00 p.m.

We invite you to join us for an interactive webinar where we will discuss our 2022 wildfire safety efforts. You will have the opportunity to ask questions and share feedback with the PG&E team, including the area's Regional Vice President.



Webinar hosted by PG & E

To keep our customers and communities safe, we continue to take targeted action to reduce wildfire risk across every part of our operations, respond to our state's changing climate and focus every day on safety.

Topics Include:

- PG&E's progress on wildfire prevention activities
- What's new for 2022
 - Increased powerline protection to reduce outages
 -

Subscribe

Past Issues

Translate ▼

RSS

Additional customer resources to prepare for wildfire season and outages

To access the webinar or view recordings of past wildfire safety webinars, visit pge.com/firesafetywebinars »



Over 2 hours of music



SAUSALITO VILLAGE

For information about our programs, events, emergency preparedness, COVID resources, 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