

Sausalito Village March 2020 Newsletter

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March 2020 Newsletter

The trees are blooming. The days are longer. And Spring is just around the corner. Time to get out of the house and enjoy some of the fabulous events on the calendar this month. Hope to see you around the Village!

Joke of the Month



[Funny Prayer about Getting Old at the Caregiver of the Year Dinner](#)

SAVE THE DATE

Sausalito Library March Events





Met Opera Preview

Der Fliegende Hollander

Tuesday, March 10

7:00 p.m. in the Council Chambers

Guest host Jerry Zientara previews the Metropolitan Opera performance of Richard Wagner's *Der Fliegende Hollander* on the Tuesday before the Saturday morning live simulcast from the Met.



The Medicine of Fasting

Thursday, March 19

7:00 p.m. in the Council Chambers

Author and Ayurvedic practitioner Heather Grzych discusses the physiological, psychological, and spiritual benefits of fasting.



Let's Celebrate St. Pat's Together!

Every year Star of the Sea Church puts on a wonderful St. Patrick's Day dinner celebration which is open to the entire community. For the third year in a row Sausalito Village members are invited to join in the

fun. We will have reserved seating together. Ticket prices are \$20.

The dinner is on **Saturday, March 14, between 5 pm and 7 pm.**

The Men's Group will be cooking up a great meal of corned beef and cabbage with an alternative entree of salmon and of course all of the trimmings. Drinks will be available for purchase including Irish coffees!

There will be entertainment including bagpipe music and Irish dancing and a silent auction in case you are feeling that you have the luck of the Irish!

Click here to reserve your spot: <https://sausalito.helpfulvillage.com/events/2278>



NEW PROGRAM!

TED TALKS: IDEAS WORTH SPREADING

First meeting: Noon - 1:30 p.m. **Thursday, April 2, 2020**, Edgewater Room, City Hall
Co-sponsored with the Sausalito Library

As many of you will know, TED is a nonpartisan nonprofit devoted to spreading ideas, usually in the form of short, powerful talks. TED began in 1984 as a conference where Technology, Entertainment and Design converged, and today covers almost all topics -- from science to business to global issues -- in more than 110 languages. There are now literally thousands of TED talks on almost every subject imaginable.

Our format: we will screen two approximately 18-minute talks at each meeting, with time for discussion after each one and a break in between for a brown-bag lunch.

The featured TEDs for our first meeting will be "What Really Matters at the End of Life" with BJ Miller, a hospice and palliative medicine physician who thinks deeply about how to create a dignified, graceful end of life for his patients: and "The Future of Psychedelic Assisted Psychotherapy" with Rick Doblin, Ph.D..

founder and executive director of the Multidisciplinary Association for Psychedelic Studies (MAPS).

JOIN US! Noon in the Edgewater Room, where we'll enjoy the huge new screen and the library's new state of the art ceiling projector.

For more information, email [Betsy Stroman](mailto:Betsy_Stroman) or call her at 415.331.1464.



DEATH CAFÉ #3 IN SERIES

DATE: Monday, April 6, 2020

TIME: 7:00 to 9:00 PM

PLACE: Chamarita Room, 501 Olima Street

Co-facilitated by Jim van Buskirk and Annie Dorsey

PRIORITY WILL BE GIVEN TO PEOPLE WAITLISTED FROM THE TWO PREVIOUS DEATH CAFÉS; THEY WILL BE GIVEN ADVANCE NOTIFICATION VIA EMAIL.

Death Cafés involve tea, cake and a safe, respectful space where you can feel comfortable sharing questions, curiosity, fears, beliefs and stories about any and all aspects of death, grief, mourning and bereavement. Space is limited with priority given to those on the waiting list compiled from the two recent Death Cafés co-sponsored with Sausalito Library. Out of respect for the participants, no one will be admitted after 7:15 pm. Plenty of street parking available.

Jim Van Buskirk has been co-hosting Death Cafes for over four years, during which time he has also been compiling an annotated bibliography of books and films

dealing with death and dying.

Annie Dorsey has a Masters degree in Gerontology and was a hospice volunteer for 11 years.



Do You Really Know Our Village?

Are you a new Sausalito Village member or volunteer? Have you been a member for years but never really understood all of the benefits of the Village? If you fall into this category, come learn more. Sausalito Village Board Members will be on hand to explain the history, structure, programming, website and more. Light lunch will be served.

Come with your questions!

RSVP: by clicking on the link above or emailing triciasmith58@yahoo.com

WHEN: **Friday, March 13th, 12:00pm-1:30pm**

WHERE: Rotary Housing Chamarita Community Room, 501 Olima Street (intersection of Coloma and Olima Streets, gray building next to driveway)

Please park on the street and not in the resident-only parking lot.

Need a ride? Call **Connie at 415-332-3327**

Member Recommendations

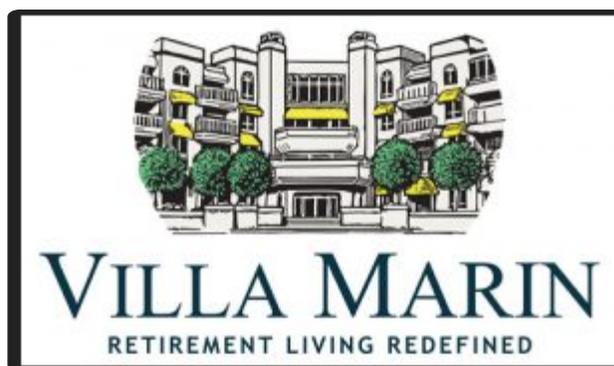
Don't fall for





phone scams

Sausalito Villager Holly Bacuzzi writes: "I just came from my AgeSong meeting where we were informed about the newest telephone scam. It's the old "Hello, Grandma" one, but NOW somehow they are able to get your grandchild's actual voice! A friend of one of our group members is out \$2,000 because of it. The advice is to say you will call them back shortly, then CALL whoever is supposed to be calling YOU to make sure they are OK."



COMMUNITY PROFILE

Villa Marin, San Rafael, CA

By Kat Braeman, Resident since 2016

Key features at the [Villa Marin](#) community are homeownership and residents' control of operations through a Board of Directors. Villa Marin in San Rafael, CA, is surrounded by 17 beautiful acres. The beautiful hilltop community has views of the sunrise, sunset, and the valley below.

Residents have full equity ownership in their living units with the freedom to remodel their homes plus contractual health care and access to a medical facility. Members of the Villa Marin Homeowners Association contribute their expertise on committees that oversee operations -- admissions, finance, facilities and engineering, health services, dining services, design, library, as well as activities and entertainment. Residents even have garden spots to cultivate flowers or vegetables.

Art decorates every wall. Also, local artists show their work in the Villa Marin Gallery. The Villa Marin bus takes residents to art museums, plays, concerts, and ballet. People come to Villa Marin from many interesting careers -- artists, bankers, builders, diplomats, doctors, economists, judges, lawyers, nurses, professors, teachers, and a commercial fisherman.

Retired pediatrician Paul Steinman, sees his move to Villa Marin as "one of the best decisions of our lives, not only for the beauty around us, the excellent facilities, the very good food, the frequent involvement with art and music and current affairs and the warm and gentle help from the staff, but most of all, the friendliness and inclusiveness of our fellow residents. If the course of

the staff, but most of all, the friendliness and inclusiveness of our fellow residents. In the course of aging is loneliness, life here eliminates that problem.”

Sally Williams chaired the Welcoming Committee which does outreach to new residents to help them feel at home. She also appreciates “the medical facility, which cares for us if we need assisted living or skilled nursing.” Health care is provided on the building’s lower level: so if a spouse is ill, the visit is only an elevator ride away. The Health Center at Villa Marin is now accepting outside patients from the community.

Birthdays



Happy March Birthdays!

Members celebrating March birthdays:

Charles Arenson - Barbara Duncan - Lee Follett - Gail Forrest - Judith Haslam - Charlotte Mastrangelo - Cynthia Ong - Safoura Monainipour - Patricia Pigman - Katherine (Delilah) Smith - Janet M. Thuesen - Ellen Fusco

Emergency Preparedness



Ready Seniors

Seniors can be more vulnerable during an emergency so it's important that you begin reaching out to friends and neighbors to create a 'team.'

Ready, Set, Go! FEMA provides suggestions to help you get prepared.

- Share disaster plans with friends, neighbors, and others.
 - Arrange for someone to check up on you following an emergency or disaster.
 - Exchange important keys with someone you trust.
 - Show your team where your kit is, including medical supplies/prescriptions.
 - If you have medical equipment, make sure your team members know how to operate it.
 - If you have a cell phone, learn how to text and practice with your team.
 - Notify your team if you are leaving town and when you will return.
 - Make a plan for your pets too. Make sure your neighbors care for them in case you are not home. Read more about pets on the [ReadyPets](#) page.
 - Dependent on your social security payments to meet your monthly money needs? Consider having funds transferred online to your bank as mail service could be interrupted for days or weeks.
-

Out and About



The Perfect Mt. Tam Hike

Tuesday, March 23

6 1/3 miles with moderate grades

Join hike leader Jackie Kudler for a wonderful loop high on Mt. Tam, highlighted by grand vistas of the Bay, the Pacific and the green hills. A chance to hunt for spring wildflowers!

Meet at **10 AM** at the Pan Toll parking lot.

Plan for a 6 1/3 mile hike through all of Tam's special environments. This should take approximately 3 hours. We will cancel in case of rain.

Pack water, snacks, and perhaps a light lunch.

Contact [Jackie](#) to RSVP and to sign up for a carpool.

If you think you only will join us for part of the loop, bring your own wheels, so you

can turn back whenever you choose.

Suggested reading: "[Neuroscientist: To Keep Your Brain Young, Go Hiking](#)"



Mini Medical School

HEAR WHAT MEDICAL EXPERTS ARE SAYING ABOUT HEALTHY AGING!

Registration is now open for the 2020 College of Marin Mini-Medical School seminar!

College of Marin (COM) presents its fifth annual Mini-Medical School: Medical Science and Aging. This year's one-day seminar will take place on Saturday, April 4, from 9 a.m. to 4 p.m. in the James Dunn Theatre, Kentfield Campus.

The Mini-Medical School seminars have been developed with a focus on the second half of life, normal human aging, and avoiding diseases. Seminar content is appropriate for passionate and curious adults, both young seniors boomers, maturing adults, and students and community members of any age who have an interest in the second half of life. This is a free seminar, and all ages are welcome.

For more details on speakers and agenda, visit the [event details](#).

Special thanks to Advisory Board Member Lois Prentice who recently retired from birthday card duty.



Poetry Class at COM

"A poem begins in delight and ends in wisdom." Robert Frost

What better antidote to troubling times than poetry? Join Jackie Kudler at the College of Marin this spring in her course Poetry: From Delight to Wisdom.

All good poets aim to transcend everyday reality from time to time in their work, but a few claim that

transcendent space as home territory. This quarter, we will focus on the poetry of four such masters: 12th century Sufi mystic, Rumi; 19th century American icon, Emily Dickinson; 20th century German seer, Rainer Maria Rilke; and Mary Oliver, much loved poet in our own time. Since all poems are distributed, read, and discussed in class, this study welcomes those new to poetry alongside lifelong devotees.

4329 | Kudler | KTD | VS 6
7 Thursdays 1:10-3pm | Apr 2-May 14 \$107 | ESCOM \$83
REGISTER ONLINE AT MARINCOMMUNITYED.COM

Around The Village



Sausalito Villagers gathered for Lunch Around Town at Smitty's last month. From left to right: Top Row: Jackie, Ceci, and Joan Candace and Sharon. Bottom Row: Hillair and Annie; Mardi and Rich.

We love pictures of our members at events and around town. Have pictures to share? [Email Us!](#)





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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