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Yee Tok Chee Park - Photo by Katie Godowski

Send your Bay Area photos to [SausalitoVillageTips@gmail.com](mailto: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](mailto: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 for SV hosted events in the coming 2 weeks:

January 22 - SV Line Dancing

January 23 - Cancelled - In Person Sing Along/Concert

January 24 - Hiking Mt. Tam with Jackie

January 27 - SV Hosted Home Match Marin presentation

January 27 - Trader Joe's SV shopping for you

January 30 - SV Ferry trip to Salesforce Park

February 1 - Trip to Dollar Tree and Sprouts



## Why community is so important and how to find it

Excerpted from Readers Digest

Humans aren't made to go it alone. For a full life rich with meaning, we need to surround ourselves with others. A community can give us a sense of belonging and identity, help us learn and even keep us healthier in body, mind and spirit. Read on for some of the top benefits of forming a community.

Benefits include Better well-being, a sense of community, health improvements, learning opportunities, shared resources and strengthened cooperation.

### How to build a community

Building a community takes time and effort (and yes, you may need to talk to strangers at first), but it's well worth your while. To get started, try the tips below.

#### Seek out local events

Find a community in your own backyard by keeping an eye out for events in your area. Check your local paper for weekly community events, like book clubs, rotary clubs or tai chi classes. Don't keep your desire for community a

## Look online

Hunt for a local community online by creating a profile on community-focused sites like Meetup.com. There, you can find fellow gamers, wine enthusiasts, hikers and people who share a variety of hobbies and interests. Once you've joined a group, find an event that speaks to you and begin building those social connections. The site will point you to online events as well as in-person gatherings. That's right: Online communities count! For instance, if you can't find a local book club that fits your interests and schedule, join one online.

## Become a volunteer

Volunteering adds purpose and meaning to our lives. So think of the causes you're passionate about and get involved! Maybe you help out at a soup kitchen or food bank or offer to deliver meals to housebound adults in your church. Not only will you build community with the other volunteers and staff, but you'll also get the satisfaction of helping others.

## Call up old friends

Don't overlook those old connections you've let fall by the wayside. Reach out to friends you've lost touch with and climb out of the "friendship recession" many of us find ourselves in. Don't be discouraged by the amount of time that's passed since you last chatted. Chances are, your pals will be overjoyed that you thought enough to reach out and call. And you'll be thrilled to have these important people back in your life again. After all, what is community if not the people who enrich our lives?

Read the entire article [HERE](#)



## Sausalito Village welcomes you as a Member and/or Volunteer

**Looking to volunteer?** Sausalito Village has volunteer options for you. More information can be found on the SV website: [HERE](#)

**Looking for events?** Check out the SV calendar of events, most open to the entire community. Find the calendar [HERE](#)



### Line Dancing Workshop: Working Your Brain and your Body

**THIS SUNDAY, 3:30-5:00pm YOUR alternative to the 49ers ;)**

**SV is NOW partnering with Sausalito Parks and Rec through an Intergenerational grant received by Sausalito P&R**

Sign up for each class through Parks and Rec: <https://www.sausalito.gov/departments/parks-and-recreation/programs-and-classes/adult-classes>

You can also attend as a 'Drop In' but will be required to sign a waiver

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First 1/2 hour, we will focus on basic steps and simple dances, intended to gently ease newbies into it, geared to those with little dance experience but some curiosity.

Starting 4pm will be a dance party! We'll do mostly beginning and one wall dances at least the first few workshops, but adjust based on who is coming. Students are welcome to come for just the first or second part, or stay for both. Music is old school, contemporary, disco, jazz, R&B, and a little Latin.

Open to all, geared to seniors.

FREE but donations accepted.

Wear comfortable clothing and shoes. Dance shoes encouraged if you have them to provide the right amount of 'slide'.



**Wildly new wheelchair design is a game changer**



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The 80-year-old inventor, Garrett Brown, came up with the idea a decade ago, while visiting his then-97-year-old dad in care facilities.

"I was watching his pals," Brown said. "And something big seemed to me missing between walkers and wheelchairs. Once you consign yourself to a wheelchair, your feet are not on the ground particularly. You're not upright. Being upright is great for your cardiac, your bone density, your-- your limbic system, your digestive system. And it's particularly valuable for your psychological well-being. To be up among your fellow humans is one of the things we hear most often that they love about this machine."

See the video clip of this story and see what makes this chair so different [HERE](#)

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## Rare sighting of bald eagle in Alameda



## Hike Mt. Tam with Jackie A Brief New Year Refresher

Tuesday, January 24

2 1/4 miles

Join hike leader Jackie Kudler for a short scenic walk through woods and along ridgetops on Mt. Tam, which climbs the old Gravity trail from Mountain Home and back, affording glorious vistas of bay and city

Meet at 10 AM at Mountain Home Parking Lot

Plan for a 2 1/4 mile hike with 1 mile gradual uphill, 1 mile rolling, 1/4 mile steep downhill. This should take approximately 1 1/2—2 hours

We will cancel in case of rain.

Pack water, snacks, maybe a light lunch.



carpool, and get specific directions for meeting place.

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.

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**front porch** **Home Match**  
CREATING COMMUNITY

**MARIN COUNTY**

Welcome to our nonprofit shared housing program. We improve lives and communities by bringing people together to share homes.

**Share your home...**

Turn your spare room into an opportunity for income and new social connections.

**Find your home...**

Benefit from an affordable home, plus the option to help your homemate with household activities in exchange for further reduced costs.

**How Home Match works:**

Our personalized process and responsive local staff help find just the right match for you!

- We thoroughly screen all participants
- We connect people based on compatibility
- We offer on-going support, even after move-in
- We do not charge a fee for our services
- Rooms average from \$700-1300

**Follow us** for updates and stories from our matches!

**“The whole Home Match process makes the living arrangement feel safe, secure and lasting.”**  
- Home Match Participant

**Let's get started!**

Please note that individuals seeking a shared home must currently live, work, or study in Marin County, as well as earn less than \$139,440K annual gross.

**HomeMatchMarin**  
**@frontporch.net**  
**415.456.9068**

**Our Funders & Partners**

**front porch**  
COMMUNITIES FOUNDATION

**MILL VALLEY**

**mcf** Marin Community Foundation

**WELLS FARGO**

**Pass the word!!**

## **SV Hosted Presentation about Home Match Marin Jan. 27th**

**WHEN:** Friday, January 27, 4:00pm - 5:00pm

**WHERE:** Zoom

One of our SV Members who has been successfully matched will be in attendance along with her

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## 5 Reasons Adult Siblings Fight

Excerpted from AARP.com

Even though siblings are some of the longest-lasting relationships, intense loyalty and intense conflict often go hand in hand — and the hurt can run deep.

Research published in a 2020 issue of the Journal of Family Psychology found that sibling conflict among older adults in part was associated with symptoms of depression, anxiety, hostility and loneliness.

Here are top reasons for sibling rivalries.

### 1. Birth order

over younger siblings. Younger children, who can feel overshadowed, tend to be seen as more outgoing and carefree — and, as a 2020 study on second-born children by MIT economist Joseph Doyle suggests, rebellious.

## 2. Aging parents

“There might be pressure on the older sibling to take on the role of caretaker, and there can be some resentment about that,” says licensed mental health counselor Jody Mykins, from Irondequoit, New York. Meanwhile, “the younger sibling may struggle to know how to help.”

Gender also comes into the mix. The Caregiving in the U.S. 2020 report, the latest available, showed that the majority of caregivers — 61 percent — who make medical appointments and otherwise provide care to a parent are women.

## 3. Jealousy

If siblings feel there is a limited amount of something — such as love, support, affection or basic resources — they may feel as if they need to compete to win what is made available to them over their siblings, especially if their parents weren’t particularly generous with love, affection, praise or support, says Conner.

## 4. Personality differences

Biological siblings share genes, but not usually personalities, and that can cause rifts.

Mykins says extroverts are more likely to have strong opinions, be social and be externally motivated, which can come across as domineering. Introverts are more likely to be internally focused, putting a lot of thought into opinions that may not be expressed, which can come across as disinterest or lacking emotion. An ambivert has features of each.

## 5. Estates/wills

Buried wounds frequently resurface along with emotions that arise from grief and loss, and this increases the possibility of a power struggle, notes Conner. When one sibling is the executor of a parent’s will, for example, another may feel less loved, or that they have less control. In addition, the way a parent has left money, property and other resources to children can cause siblings to disagree about how those resources should be doled out.

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## SV Trip to Salesforce Park via the ferry

Join SV for a ferry ride and walk to Salesforce Park. This urban park located at 420 Mission Street, has become a popular anchor for downtown. Stretching over nearly 4 blocks, this 5.4-acre rooftop park features a beautiful landscape with 600 trees, 16,000 plants, and a linear fountain.

Attendees should anticipate walking approximately 2-3 flat miles.

We will depart on the 10:35am ferry from Sausalito and return on the 2:25pm from SF. The cost of the ferry ride for seniors is \$7.00 each way, \$7.50 for adults with a Clipper card. The ferry ride is 30 minutes.

We will postpone if it is raining!

WHEN: Monday, January 30th, 10:30 - 3:00pm

RSVP: <https://sausalito.helpfulvillage.com/events/3712>



## Study: 1,800% increase in California seniors going to ER after cannabis use

Excerpted from SF Gate

Dr. Benjamin Han, a geriatric medicine specialist at the UC San Diego School of Medicine and the lead author on the paper, said the study should be a warning to older people that using cannabis does have risks. “Many of them have experience in the past with cannabis and think they know how to use it and handle it, but oftentimes that’s not the case and they end up in the emergency department,” Han said.

The study used government data from more than 300 hospitals statewide to measure emergency department visits between 2005 and 2019. The analysis found that 366 people over the age of 65 visited a California emergency department after using cannabis in 2005, but by 2019, that number was 12,167. The frequency of visits increased every year in the study, although the legalization of cannabis for recreational use in California in 2016 did not cause visits to increase at a faster rate.

Han said the study was not able to measure exactly why the patients were using the emergency department. But earlier research has found that

Still, Han said, alcohol-related visits to the emergency department are still much more prevalent than cannabis-related ones. In 2020, more than 187,000 Californians over the age of 60 went to the emergency department for alcohol-related problems, according to the California Department of Health Care Access and Information.

Cannabis use by older adults is quickly growing in America as medical and recreational legalization spreads across the country. There's evidence that medical cannabis can treat chronic pain, sleep problems and the negative effects of cancer treatment, all of which are common problems for older people.

Han said despite the growing rate of emergency department visits, he still thinks that medical cannabis is potentially "very helpful" for older people. However, very few clinical trials have tested products on the legal cannabis market. That makes it difficult for doctors to work with cannabis like they would any other conventional medication.

"I think older adults stand to potentially benefit the most from cannabis, but we don't know what products or what dosage would help people the most," Han said.

Unlike alcohol, cannabis overdoses are not known to directly cause fatalities. But the drug can indirectly harm users by reducing reaction time and causing temporary psychosis or paranoia. Cannabinoids, the active chemicals found in cannabis, can also interact dangerously with other drugs, like the blood thinner warfarin. This is particularly a concern for older people, who are more at risk of injuring themselves by falling, according to the study.

Despite the known risks, older Americans are increasingly perceiving cannabis as less risky, according to earlier research by Han. He said this latest study should remind older adults that cannabis can have risks and recommended they discuss their use of cannabis with their health care providers. He said it should also be a wake-up call for health care providers to talk about cannabis use with their older patients.

Read entire article [HERE](#)

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## What is an Apple Air Tag? How can it help you everyday

Excerpted from Medium.com

The Apple AirTag is a small, round device that's about the size of a coin. These small, battery-powered smart trackers can be attached to pretty much anything and used to locate it.

Apple's smart tracker is an essential item for anyone prone to losing or misplacing their belongings.

There are numerous advantages to using a smart tracker. First and foremost, it is extremely simple to set up and user-friendly.

- AirTags are extremely dependable and can track your belongings even in overcrowded or noisy areas, and it works well inside your luggage.
- Each tag has a unique ID and security features built in to prevent hacking, hijacking, stalking, or other threats.

You can track almost anything with an Apple AirTag. The device is great for tracking wallets, car keys, laptops, backpacks, and other items. It's even great for keeping an eye out for your pets.



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Apple's device can also be used to track other items like wallets, car keys, laptops, and even pets. You can use the tag to track the location of your item.

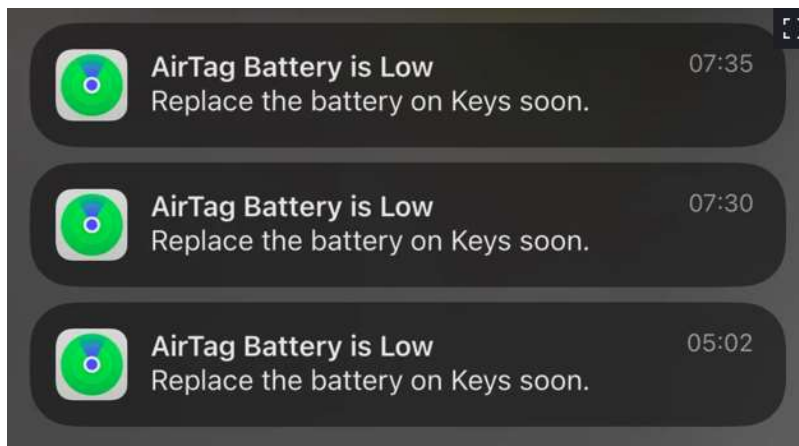
You can also configure alerts on your device to notify you if your item moves outside of a specific area. This is especially useful if you are concerned that your item will be lost or stolen.

To be on the safe side it would be best to use your tag on a holder that fits easily on your valuable accessories.

Read the entire article [HERE](#)

## Important to heed the warning when the battery gets low

Excerpted from ZDNET.com



Apple says that AirTags have a battery lifespan of "more than a year" for everyday use, which is defined as "four play sound events and one Precision Finding event per day," so depending on your usage, you might get a lot more than a year, or a lot less than a year out of the battery in your AirTag.

You will receive warnings on your device. Make sure to listen!

It is fairly easy to replace the battery, here is the process: [HERE](#)

Read the entire article [HERE](#)





## 5 most accessible cities for travel

Excerpted from The Discoverer.com

Travel should be for everyone regardless of our limitations. Luckily, there are plenty of places that are equally accessible for the fully able as for those with disabilities. What's more, plenty of destinations are making changes to their infrastructure to open their doors to more people. With this in mind, we've put together a list of the most accessible destinations and all the amazing things you can do while you're there.

### Melbourne, Australia

Compact cities are the perfect choice for those with reduced mobility, making Melbourne one of the most accessible cities in the world. The public transport system is easy to navigate, meaning that you can get to all of the fantastic wheelchair-friendly restaurants.

### Barcelona, Spain

The national tourism authority is hot on accessible travel in Barcelona, making it an excellent location for anyone with mobility difficulties. Almost all of the metro stations and buses are wheelchair friendly, so you can make sure you see all of the sites. When you're moving at your own pace, you'll be pleased to know there are accessible

## Playa del Carmen

Many of Playa del Carmen's hotels are accessible to wheelchair users, and with everything within walking distance, there is no need for public transport. What's more, you don't need to grind to a halt when you hit the sand either. Beach wheelchairs can be rented out, with uniquely designed wheels they can move across the sand and even into the water. If you can't swim, there's adaptive equipment to allow you to snorkel amongst the coral reef. Away from the beach, you can immerse yourself in Mayan history at the wheelchair-accessible archaeological sites of Chichen Itza and Tulum.

## Manchester, United Kingdom

While London is often the first city that comes to mind in the UK, Manchester has loads to offer and is ideal for those looking for accessibility. Much of the city was rebuilt in the late 1990s after the industrial revolution resulting in wide, smooth pavements and step-less shop and restaurant entrances. With accessible public transport at your fingertips, you'll be able to visit all the sites and even pay a visit to Old Trafford. If you've had enough of city life, the Peak District National Park at less than an hour away has well-developed facilities and even adapted cycle equipment for hire.

## Singapore

Singapore is renowned for its barrier-free accessibility measures which have been in place for over 20 years. Visiting a city that has been aware of accessibility needs for such a long time makes a huge difference. Infrastructure has been built with step-less access in mind. The mass rapid transit system and buses have been designed for the visually and motor impaired. As getting around the city is so easy, there is very little you can't do. Take a trip to Chinatown, visit the extraordinary city zoo and get your fill of incredible street food at one of the many food hawker centers.

## Sicily, Italy

Sicily may not be the most obvious destination for accessible travel, but it's certainly earned its place. It's worth mentioning for wheelchair users that there are cobbled streets and narrow pavements to contend

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including Mount Etna, are accessible. On top of this, for the visually impaired, the island is home to a tactile museum and Europe's only sensorial botanic garden. When you're not sat enjoying the incredible cuisine, scuba diving, 4WD off-road driving and traditional Sicilian fishing trips await.

Read entire article [HERE](#)



**Watch Cher play all parts in Westside Story**

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## Most risqué town names in the US

Excerpted from BoardingGroup.com

Above are the most risqué names or places in the United States, the perfect bucket list for 2023!

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*The sea lion on January 9, 2023, after it broke loose from its platform*

Photo by Acting Chief of Police, Stacie Gregory

## The rescue of our beloved Sea Lion

### Excerpted from the Sausalito Currents

The **sea lion sculpture** on Sausalito's southern waterfront has been crane-lifted to safety after breaking loose from its platform during stormy weather on the night of Sunday, January 8.

The sea lion has been a Sausalito icon since it was installed by its creator, artist Al Sybrian, and friends in 1957. The original concrete sculpture was removed, recast in brass, and reinstalled in the mid-1960s to help it withstand the elements.

On the evening of January 10, public works staff teamed up with a crane operator during low tide to lift the approximately 500 lbs. sculpture to a flatbed truck for transport to the City's maintenance yard.



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Photo by local historian Mike Moyle

The sculpture will likely need a trip to the foundry to repair the bolt holes in its base and any dings it received from its tumble. The concrete platform will also need to be repaired.

Senior Civil Engineer Andrew Davidson anticipates that the sea lion will be back in place sometime in spring 2023. Look for updates on its status in future editions of Currents.

Read about the storm damage to the Sea Lion in an East Bay Times article: [HERE](#)

Read about the Sea Lion's history: <http://www.sausalito.com/story/The-Iconic-Sausalito-Sea-Lion/634911>

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# Writing, Feminism & The Passionate Life

## ISABEL ALLENDE

In conversation with  
Cheryl Popp

Reception & Program

**Thursday, January 26th 6pm**

The Spinnaker Banquet Room, 100 Spinnaker Drive, Sausalito



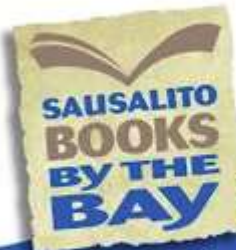
**A fundraiser for Literacy by the Bay**  
Sausalito Books by the Bay's new non-profit program

Tickets & Advance Registration Required at  
**[literacybythebay.org](http://literacybythebay.org)**



### Isabel Allende...

novelist, feminist, and philanthropist -- is one of the most widely-read authors in the world, having sold more than 77 million books. She has authored more than twenty six best-selling and critically acclaimed books, including her most recent novel *Violeta*, and her memoir, *The Soul of a Woman*. Her new novel *The Wind Knows My Name* will publish this summer. In addition to her work as a writer, Allende devotes much of her time to human rights causes; her charitable foundation has awarded grants to more than 100 nonprofits worldwide, delivering life-changing care to hundreds of thousands of women and girls. More than 8 million have watched her TED Talks on leading a passionate life.



**Literacy By The Bay**

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Phone 415.887.9967  
@ Sausalito Books by the Bay

Purchase tickets at [literacybythebay.org](http://literacybythebay.org)

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How This Chalk Artist Creates 3-D Illusions on Pavement



Place a three-letter word on the dashes to complete a word on the left and to begin another word with those letters on the right.

**Example:** e a r \_ \_ \_ m e = e a r T H Y / T H Y m e

1. f e a t \_ \_ \_ o i c = ?

2. c o u r \_ \_ \_ n d a = ?

3. d i s p \_ \_ \_ o v e r = ?

4. k e e \_ \_ \_ s i s t = ?

5. r u n \_ \_ \_ i c e = ?



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**ESCOM**  
*Emeritus Students  
College of Marin*



## Spotlight *presents*



**The  
Alzheimer's  
Association  
*presents***

## *Effective Communication Strategies*

**Friday, January 20, 2023**

- - -

**Online with ZOOM at 11:00 am-12:00 pm**

- - -

To attend this program => [RSVP HERE](#)

(The ZOOM Invitation will follow)

Join us to explore how communication changes when someone is living with Alzheimer's disease. Learn how to interpret the verbal and behavioral communication, and identify strategies to help you connect and communicate at each stage of the disease.

Communication is more than just talking and listening - it's also about sending and receiving messages through attitude, tones of voice and body language. As

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This is one of many education programs presented by the Alzheimer's Association. (<https://alz.org/CRF>)

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**Denmark's Education System: Where Teaching Empathy is part of the School Curriculum.**





## Why Your Feet Get Bigger With Age

Excerpted from Livestrong.com

### 4 Reasons Your Feet Grow With Age

#### 1. Overuse

"In one day, a person can put several million pounds of pressure on their feet," Dr. Mendeszoon says. That's because "the average person places four times their body weight with every step and takes between 5,000 to 10,000 steps a day," he says. Over time, this adds up to a lot of strain and wear-and-tear on your tootsies. "The feet should work like a shock spring suspension — like in your automobile — but as we get older, our feet will start to weaken and break down," Dr. Mendeszoon says.

Some common overuse issues include, per Dr. Mendeszoon:

- Tendonitis
- Plantar fasciitis
- Hammertoes
- Bunions
- Nerve problems

#### 2. Weight Gain

weight gain is almost guaranteed to affect your feet. "As we get heavier, there's more stress applied to the feet," which will start to collapse under the weight, Dr. Mendeszoon says. Literally. Our arches will begin to flatten, and the ligaments and tendons that support our feet will stretch out, he says. These changes can lead to the lengthening and widening of your feet.

What's more, weight gain can also modify the mechanics of your gait, placing even more stress, force and pressure on your feet, according to the Cleveland Clinic. And this can result in their reshaping. To make matters worse, while you may weigh more in your senior years, the fatty cushion that pads the bottom of your feet will become flimsier and provide less shock absorption, per the Cleveland Clinic. That's because your body stores fat differently as you age.

### 3. Hormonal Changes

In your lifetime, your feet can take a hit thanks to periods of fluctuating hormones.

Pregnancy is a prime example. Indeed, when you're expecting, you can also expect the size and width of your feet to change, Dr. Mendeszoon says. Here's why: During pregnancy, your body produces a hormone called relaxin, fittingly named because it relaxes and enhances your ligaments' elasticity, according to the Cleveland Clinic. While relaxin's main purpose is to prepare your pelvis and cervix for birth, its relaxing effects can impact many other body parts, including your feet.

Yet another time of tumultuous hormonal change happens during menopause, which can also meddle with your feet. That's because a drop in estrogen, along with other hormonal fluctuations, can decrease bone density. But a lower bone density may increase your odds of developing osteoporosis and stress fractures in your feet, which can shift bones out of place and change the shape of your feet, according to Harvard Health Publishing.

### 4. Underlying Medical Conditions

Rheumatoid arthritis is a chronic inflammatory disorder that damages the lining of your joints, producing swelling, bone erosion and joint deformity, according to the Mayo Clinic. In fact, this painful condition typically affects smaller joints first, like those found in your feet.

Another medical issue that can spell trouble for your tootsies is a nerve condition called neuropathy, Dr. Mendeszoon says. Neuropathy happens when your peripheral nerves are damaged and can cause weakness, numbness and

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they may not even feel pain or discomfort in the area, Dr. Mendeszoon says. Problem is, if a person continues walking with a foot injury, over time, the joints can become increasingly stressed and weakened. This can cause bony prominences or bone deformities to develop, leaving the feet to become flattened, wider and less functional, he says.

Read the entire article: [HERE](#)



## 27 Interesting facts about giraffes you might not know

Excerpted from NewInterestingFacts.com

1. Giraffes Are as Tall as a 2-Story House
2. Giraffes Necks Grew Over Time ... Over Millions Of Years
3. Giraffe's Tongues Can Be Up to 20 Inches Long
4. Giraffes Can Run Over 30 Miles Per Hour

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6. Giraffes Are Killed for Their Meat, Fur, and Sometimes Sport
7. Ancient Egyptians, Romans, and Africans Knew About Giraffes
8. A Giraffe's Heart Can Weigh Close to 25 Pounds
9. Giraffe's 'Hang Out' in Temporary Social Groups
10. Giraffes Can Run Within a Few Hours of Birth
11. Their necks can't reach the ground
12. Giraffes don't have upper front teeth
13. They have some of the biggest feet in the animal kingdom
14. Giraffes have horns
15. The word giraffe comes from the Ancient Greeks.
16. Giraffes sleep standing up
17. Giraffes sleep for only 30 minutes a day

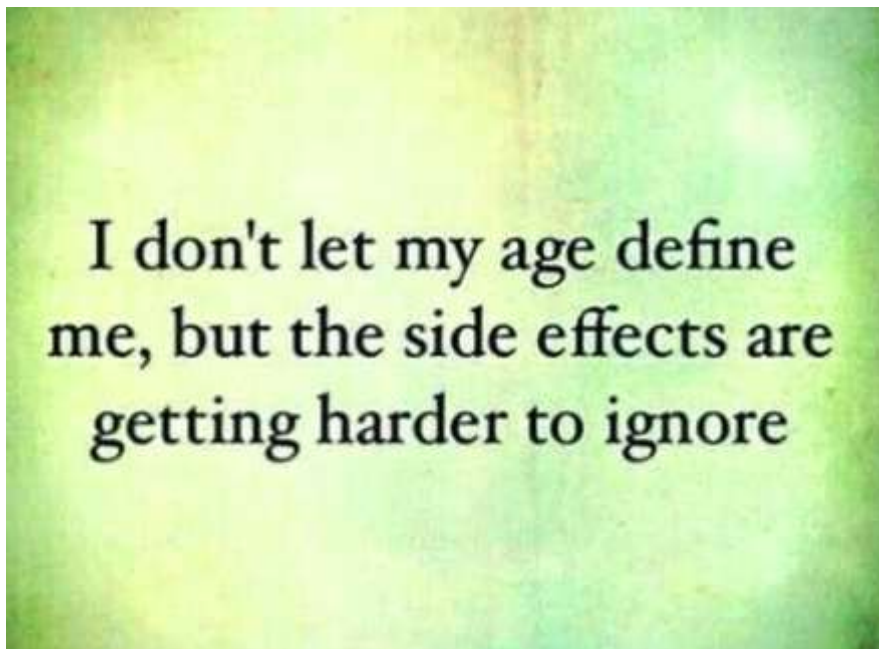
Read 18-27 and details about each point [HERE](#)

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Stretch and Strengthen with Rayner is on zoom every first and third Monday of the month at 11am. RSVP on the Sausalito Village event calendar for the zoom link if you are attending for your first time. [www.SausalitoVillage.org](http://www.SausalitoVillage.org)

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## **Marin County's 2023 AARP Tax-Aide Services**

### **Free Income Tax Preparation and e-filing for low & middle income taxpayers**

By appointment only.

Please contact your preferred site for appointment.

Email is the best way to reach us. If you must call be sure to leave your full name and contact information.

NO MEMBERSHIP REQUIRED. NO AGE LIMIT.

#### **When?**

Volunteer tax counselors are available from Feb. 1<sup>st</sup> until April 18<sup>th</sup> at our listed locations.

#### **What to Bring?**

» A copy of your 2021 Tax Return

» Photo ID, plus Social Security Cards or ITIN's for self, spouse, and dependents

» Social Security numbers for child care providers and alimony recipients

» Any and all W-2 Forms

» All Forms 1099 Social Security, pension, interest, dividends, stock/bond sales, & IRA distributions, unemployment, etc. Cost basis of stocks and other investments sold

» All forms 1095 & 1098 e.g. Mortgage Interest, Tuition. Health insurance coverage information for taxpayer, spouse & dependents.

» Checkbook or bank account and routing numbers for direct deposit

» To itemize, bring your list of paid property taxes, medical bills (**totaled**), charitable contributions (**totaled**) and mortgage interest.

**PLEASE REMOVE ALL ITEMS FROM ENVELOPES BEFORE YOUR APPOINTMENT!!**

#### **MILL VALLEY 415-322-9361**

**MillValleyTaxAide@gmail.com**

Mill Valley Community Center  
180 Camino Alto

Tuesdays 8:30 am – 1 pm

Thursdays 8:30 am – 1 pm

**Forms and info available at:**

<https://sites.google.com/view/millvalleytax-aide/home>

#### **NOVATO 415-488-5401**

**taxaidelarry@gmail.com**

North Marin Comm. Services

1907 Novato Blvd.

Mondays 10 am – 2:00 pm

Thursdays 10 am – 2:00 pm

**Closed President's Day Feb 20**

**Forms and info available at:**

<https://sites.google.com/view/novato-aarp-taxaide-at-nmcs/home>

#### **SAN RAFAEL 415-295-6624**

**SRCCTaxAide@gmail.com**

San Rafael Community Center

618 B Street

Mondays 9:30 am – 2 pm

Fridays 9:30 am – 2 pm

**Closed Feb 10, Feb 20 & Mar 31**

**Forms and info available at:**

<https://sites.google.com/view/san-rafael-tax-aide/home>

#### **FAIRFAX 415-578-0167**

**SERVICES BEGIN FEBRUARY 6**

**fairfaxtaxaide@gmail.com**

Fairfax Library

2097 Sir Francis Drake

Mondays 10 am – 2 pm

Thursdays 10 am – 2 pm

**Closed President's Day Feb 20**

#### **NORTHGATE 415-448-6155**

**NGTaxAide@gmail.com**

First Congregational Church

8 No. San Pedro Rd San Rafael

Tuesdays 9:30 am – 2 pm

**General questions only. Not for appointments:**

Email: [marintaxaide@gmail.com](mailto:marintaxaide@gmail.com)  
415-320-6191

We can quickly and easily determine your eligibility for **Earned Income Credit**

**AARP FOUNDATION  
TAX-AIDE**

**AARP Tax Aide is available at the Mill Valley Community Center Tues/Thurs 8:30am - 1pm**

**Here is the link to the forms and info:**

<https://sites.google.com/view/millvalleytax-aide/home>



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## **IDESST Hall Crab Dinner is back! Get your tickets now**

Join us on February 11th for delicious crab, cooked fresh that day. \$90 per ticket includes appetizers, Portuguese cheese, salad, garlic bread, pasta with Sao Jorge cheese, and crab. Wine, beer, sangria, and sodas will be available for purchase.

Our auction includes delicious desserts, Portuguese craft beers, handmade Portuguese pottery, and experiences like cooking and cocktail classes. Buy your tickets today! <https://idesst.wildapricot.org/event-5065951>

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3 hours relaxing music with water sounds



**Answer to todays puzzler:**

1. featHER / HERoic
2. courAGE / AGEnda
3. dispLAY / LAYover
4. keePER / PERsist
5. runOFF / OFFice

Have a puzzle to share? Send it to [SausalitoVillageTips@gmail.com](mailto:SausalitoVillageTips@gmail.com)

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