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Photo by Alan Pugh

Send your Bay Area 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

Are you forwarding this newsletter to a friend?

Have your friend sign up directly to receive the weekly newsletter by making the request 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 for SV hosted events in the coming 2 weeks:

June 12 - SCA Private tour

June 13 - Line Dancing multi level

June 15 - Line Dancing beginning

June 19 - Stretch and Strengthen with Rayner

June 20 - In Home Monitoring Devices hosted by Seniors at Home

June 26 - Free Memory classes start



Private one hour tour of the new SCA exhibit Monday, June 12th Noon

A multi-exhibit exhibition in celebration of Pride month

SCA is proud to present Pride Not Prejudice in support of the Sausalito Pride Celebration.

Pride Not Prejudice includes Homosocial, a project that celebrates queer culture. Founded in 2022 by artist Brian Van Camerik, Homosocial at its core is a collection of vintage photographs of same gendered couples and queer individuals displaying intimacy. The exhibit is presented in various art forms including photography, reliquaries and film.

LGBTQIA+ Art will showcase original work by twenty-eight accomplished LGBTQIA+ California artists. Curated by Charlie Barboni, the show will include two and three dimensional art

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Clark Mitchell, Hunter Harvey, Shae Rocco, Wendy Franklin, Jun Gang, Joseph Abbati and others

SV Private Tour

WHEN: Monday, June 12th, Noon to 1pm

WHERE: SCA, 750 Bridgeway

RSVP: [HERE](#)

Need a ride? Call CARSS 415-944-5474

Unable to make the SV Private Tour? Please visit another time!

Exhibition Dates: June 9th -July 4th

Wednesday - Sunday. 11:00 AM - 5:00 PM

Artist Reception: Meet the artists and enjoy light refreshments, Friday, June 9th. 6:00 PM - 8:00 PM

Volunteer docents needed for 2 hour shifts at SCA

Please consider signing up for a 2 hr. docent shift for the Pride not Prejudice exhibit. There are 25 Pride artists committed, most will also be taking a shift.

WHEN: Between the hours of 11am - 5pm, Wednesday through Sunday, June 9-July 4

WHAT: Greeting all who enter, asking them to sign up, etc. Easy, promise!

REGISTER:

<https://sausalitocenterforthearts.volunteerlocal.com/volunteer/?id=73938> (on second page, click on Pride event)

NEWSFLASH: SCA in the New York Times as one of the destinations to see art in California!

“Cleverly repurposing a bank building on Bridgeway in central downtown Sausalito — with easy parking immediately adjacent — S.C.A. offers an interesting and changing mix of exhibitions.” — Claire McAuliffe, Belvedere

Read the article [HERE](#)



6 Secrets ER Doctors Always Tell Their Friends

Excerpted from PreventionMagazine.com

1. How to speed things up

Get your story down to about three sentences that cover the specifics of your current symptoms. Details like 'I had high blood pressure years ago' aren't helpful and can send us down the wrong path. Instead, talk about what you've been feeling and when:

'I've been getting winded over the last couple of weeks, and now my chest has started to hurt. The symptoms get worse when I climb the stairs to my condo. It

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something was wrong with your heart and we needed to rule out a heart attack." (Dr. Blomkalns, UT Southwestern Med Ctr)

2. Make a habit of identifying and working to avoid the worst-case scenario.

You might think, *The kids keep wandering into the kitchen, and I need to cook — what can I do to keep them safe?* Then turn your pots around on the stove so the handles are out of their reach, for example. Do it enough, and safety will become automatic. (Dr. Mattke, American College)

3. Don't let the doctor walk away

"Here's something that happens a lot: You have tests done, and then the doctor pops into your room and says, 'Everything is normal. I'm sending you home — just read your discharge instructions.'

I know doctors are busy, but I tell friends not to leave without asking questions. Make them open-ended to slow him down: 'What does "normal" mean?'. Or he may tell you he has only a presumptive diagnosis — that means you'll need further testing. In that case, a good question would be 'What's next?' You want to know who you need to see and how soon. And don't be afraid to ask a doctor to explain something in terms you can understand!" (Dr. Farcy, Mt. Sinai)

Read the rest [HERE](#)

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This is what AI (Artificial Intelligence) considers beautiful women around the world

Excerpted from MyModernMet.com

As AI imagery continues to flood the internet, more and more people are wondering how this technology will affect humans' perceptions of themselves. While we've already seen what AI creates when asked to visualize what the perfect body looks like, StyleSeat was curious to learn more about AI's perception of beauty. To do so, they asked Midjourney to produce pictures of "beautiful women" from 100 countries around the world. The results are fascinating.

The full-body renderings show a range of well-put-together women with slight variations based on their country of origin. Interestingly, Midjourney seems to prefer a natural look, and most women appear with minimal makeup and jewelry. Aside from some instances of traditional dress, like the sari the woman from India wears, everyone is wearing pants.

While there isn't a lot of variation in body type—all of the women are fairly thin—AI does account for some ethnic differences according to the country. The results are so intriguing because, as StyleSeat writes, "AI's 'understanding,' derived from human-input data, reflects human perspectives."

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or beauty found within a single country. Instead, one can assume that the images Midjourney produced represent a singular stereotypical standard of beauty found in a particular country.

As we encounter more AI imagery, studies like this—which are transparent in their use of the technology—are critical. They serve an important role in helping us understand why certain interpretations of beauty are becoming ever more prevalent in society.

To see 30 more images and read the entire article, click [HERE](#)



Marin Grand Jury report agrees Marin is not prepared for our aging population and need for caregivers

Excerpted from Marin IJ

“Caring for our most vulnerable and disabled residents is skilled and dangerous work and yet they are paid less than fast food workers,” said Meredith Parnell,

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Marin and a member of the Marin Organizing Committee.

“MOC believes that the county needs to pay the maximum allowable amount,” Parnell said, “if Marin is going to be able to compete with the other counties in the Bay Area, most of whom are paying more.”

The report states that the \$16.95 per hour that Marin IHSS caregivers receive now does not support the cost of living in Marin. The report also notes that since IHSS caregivers are not paid for their time to drive to western Marin or for their transportation costs, it is difficult to find IHSS caregivers there.

Read entire article [HERE](#)

Marin Center for Independent Living (MarinCIL.org) works in supporting caregivers, as many of their clients live with disabilities requiring up to full time care. Here is an action recommended by MarinCIL you can take to support higher wages for caregivers. The County survey link is below.

Will you join us by advocating for an IHSS living wage when completing the survey?

Towards the end of the County survey, there is a free answer section, Question 17, that asks, "What do you think is the single biggest priority the Marin County Government should focus on in the next five years?" Below is sample text you can enter in this section supporting an IHSS living wage locally. We encourage you to make it personal and add your experience, viewpoint, and voice.

Sample Text:

"My household supports raising the In-Home Supportive Services (IHSS) pay to a living wage of \$26.00 per hour. Homecare services are vital to the health and safety of many Marin County residents. This is especially true for those on limited or fixed incomes who rely on IHSS. Most of us will need this service at some point to live independently." [Add your personal story]

Complete the County Community Survey [HERE](#)

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Remember Anything

Six Simple Secrets to Wake Up Your Brain



- ✓ Did you forget your dentist appointment, friend's anniversary, or spouse's birthday – again?
- ✓ Do you stammer with embarrassment when the names of familiar people escape your mind?
- ✓ Or, are you silently fearing that your chronic forgetfulness is a sign of something much worse?

In **three weeks**, you will learn the When? Where? What? How? Who? and, most importantly, Why? of **a great memory**. Each class includes: introduction to a simple *memory-enhancing technique*; *demonstration* of the technique with a class volunteer; opportunity to *practice and review*; group discussion with *Q&A*.

Restore your faith in and access to the *fabulous memory within your own brain*.

Cost: **Free** to Residents and Non-residents

Mondays and Fridays

June 26 - July 14; 4:15 - 5:15pm
Edgewater Room, Sausalito City Hall
420 Litho Street, Sausalito
Instructor **A.T. Lynne**

Students of A.T.'s *Remember Anything* Course learned...

- "...to think more positively about my memory."
- "...simple skills to remember when I'm searching for facts."
- "...the knowledge that we can change our memory."

Monday, June 26:

See-Hear-Feel

Being present for life as it happens

Friday, June 30:

Memory Maps

Accessing your memories via the shortest route

Monday, July 3:

Winnow the Day

What to remember and what to forget

Friday, July 7:

Body Pegs

Keep useful information at your fingertips

Monday, July 10:

I Remember You

Using your heart to remember who matters

Friday, July 14:

Your Memory Museum

Honoring your memory

Register through Parks and Rec: [HERE](#)

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Watch this! Robotic pill can scan inside your stomach system



Join us in the Sausalito 4th of July Parade

We will once again be part of the Sausalito 4th of July Parade this year. It is great fun and we hope you can join us. We will be bringing together seniors from Sausalito Village, Edgewater Senior Club, CARSS (Call A Ride for Sausalito Seniors) and Age Friendly Sausalito.

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NEEDED: If you have a convertible car that you can drive in the parade, or allow someone to drive in the parade, we would love it! Many of our seniors in town enjoy participating but can no longer walk the parade route. Please let us know if you are available by emailing SausalitoVillageRSVP@gmail.com

Here is the info:

Walk, Bike, Ride...

Anyway you want, just make sure to come and be part of the fun!

We start in front of SV Member, Charlotte Mastrangelo's house on Third Street, between Valley and Main in Hurricane Gulch. We will decorate the cars and get organized as a group. We will have coffee and donuts waiting for you! Our group will depart right from in front of her house just before 10am where we will feed into the rest of the parade, which starts at Second and Main.

WHEN: 9 a. m., Monday, July 4th

WHERE: Meet at 105 Third Street (Between Valley and Main)

RSVP: https://sausalito.helpfulvillage.com/events/3910-join-sausalito-village_carss-in-the-parade

Questions?: SausalitoVillageRSVP@gmail.com

Need A RIDE to the start of the parade?: Let us know when you register by writing in the comments section OR Call Wendy by 5 pm June 30th at (415)332-3325

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Free Climate Action Workshops This Summer Beginning June 14th!

Ready to do something about climate change, but not sure where to start? The Resilient Neighborhoods Climate Action Workshop offers step-by-step guidance on how to make your home and lifestyle climate-friendly. And it's fun! You'll form a Climate Action Team with other Marin residents who want to do their part for the planet. After completing the program, you will have an online action plan tailored to your home to follow over the next year and through 2030! Plus, you'll enjoy ongoing access to money-saving tools and resources. The team meets 5 times over 10 weeks via teleconference. Choose from sessions starting on June 14 or June 15. Free for Marin Residents.

[Be a part of the solution and sign up today!](#)



The Power of Mood-Enhancing Scents

Excerpted from OprahDaily.com

If the notion of misting on good vibes sounds a bit far-fetched, science suggests otherwise. Data shows that smell triggers 75 percent of our daily emotions, which might explain why perfume—which we used to wear primarily to smell good for others—is increasingly becoming part of our self-care. (Though one could argue that a spritz that cheers you up is also a tool of attraction, since we're more drawn to positive, upbeat people.)

A recent poll by market research firm The NPD Group found that three out of four fragrance consumers say scent helps lift and enhance their mood, so perfume companies are incorporating aromachology—the study of how aromas impact our behavior and feelings—into the development of new scents, using tools and resources far more

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in the '90s.

Unlike aromatherapy (which addresses physical health with the smells of single- note oils and raw extracts), functional fragrances, as they're often called, are sophisticated synthesized perfumes that stimulate an emotional response—a sort of blend with benefits, if you will. To be clear, they aren't medicine, but “these fragrances combine evocative, familiar notes that bring about a sense of pleasure and well-being when you wear them,” explains Alexandra Monet, a perfumer for Firmenich.

These emotional responses occur because of what scientists call “olfactory bonding,” which refers to the unique way in which our brains are wired to smell. It's why, of all five senses, scent has the strongest link to memory and emotion. While our other senses process information indirectly, sending it through various touch points before it's interpreted by the brain, smell messages get routed directly to the areas of the brain that regulate emotion, creativity, and memory. “This is why when you smell something, you often have an immediate, visceral response and can instantly recall a related feeling or memory,” says Schmitt.

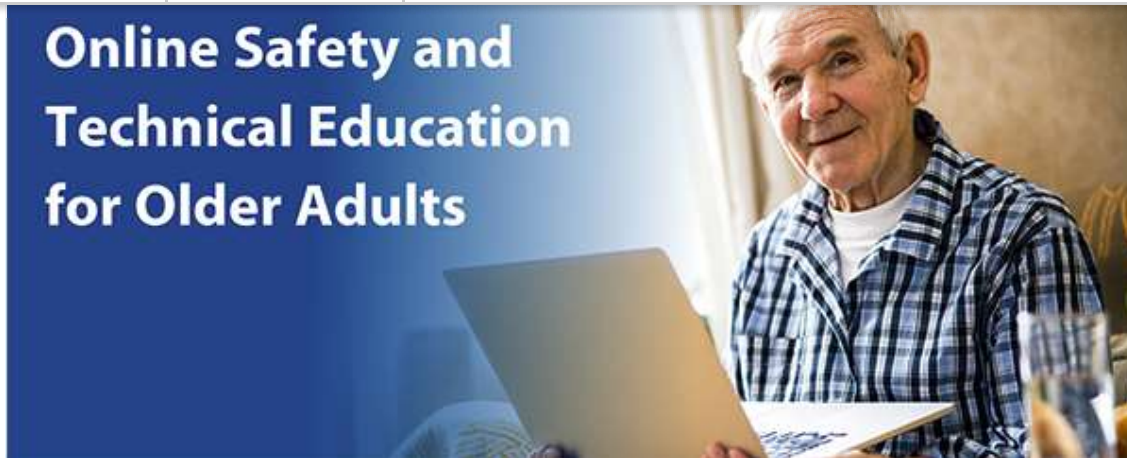
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SV Volunteer will pick up your donations

SV volunteer, Kathleen Maher, is available on Mondays to pick up your donations from your home. She will be delivering them to Marin City's Women Helping All People's - <https://whapmc.org/> Finder's Keepers Shop.

Contact Kathleen directly at kemnca@gmail.com to make arrangements for pick up time between 11am and 1pm on Mondays.

About Finders's Keepers: WHAP's "Finders Keepers" Shop is a free give-away thrift store for clothing and household goods. Everyone is welcomed to keep items that they find in the shop and donations in good condition are accepted. The shop's hours of operation are Monday – Thursday, from 11 a.m. to 3 p.m. and it is located on the second patio of 69 Cole Drive building.



Introduction to In-Home Monitoring options for a safer home

Seniors At Home is pleased to partner with the Peninsula JCC and AnewVista Community Services to present the latest in our series of free workshops to help you make the most of today's technology.

Technology can help you create a safer home environment and maintain your privacy. We'll discuss a wide range of devices that can help you build a safer home.

WHEN: Tuesday, June 20, 10:00am (PDT)

REGISTER for zoom link by calling 650-378-2703 or clicking this link:
[REGISTER](#)

Seniors At Home is a division of Jewish Family and Children's Services.



Science says listening to this meditation can help you make fewer mistakes

Excerpted from CNBC Makelt.com

For the experiment, 212 undergraduate college students with no meditation experience followed along with a guided meditation recorded by Steven Hickman, a licensed clinical psychologist and the founding director of the University of California San Diego Center for Mindfulness. The meditation instructed participants to notice the feelings, thoughts and physical sensations that arose in the moment and take note of them without judgement.

Researchers were looking for a specific neural signal that fires a half-second after you make a mistake, called “error positivity.” They found that the strength of the “mistake” signal was stronger in people who had meditated, meaning they were able to recognize and correct their slip-ups.

“It makes us feel more confident in what mindfulness meditation might really be capable of for performance and daily functioning right there in the moment,” Jason Moser, co-study author said in a press release.

The specific meditation that the participants listened to is also unique. Unlike other meditation styles, such as mindfulness meditation, which have you pay attention to your breath, this type coaches you to pay close attention to

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co-author explained in a press release. "The goal is to sit quietly and pay close attention to where the mind travels without getting too caught up in the scenery," he said.

Listen to the meditation below and see if you feel sharper: [CLICK HERE](#)



NEW: Summer Line Dancing Schedule

Teacher Laurie Reemsnyder is off for the summer from her 'day' job and will be adding weekday classes starting June 13 - ALL FREE! And all held at the Dance Studio, downstairs in Sausalito City Hall. Check the SV calendar for dates and more info by clicking on the events: <https://sausalito.helpfulvillage.com/events>

Coming up:

Tuesdays starting June 13 - 3:30-4:30 Mixed level

Thursdays starting June 15 - 4:00-5:00 Beginning level

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I Thought The Dryer Made My
Clothes Shrink.
Turns Out It Was The
Refrigerator.

Adapt
to ALL situations



Re-thinking what works in the kitchen

Excerpted from DayUndefined.com

Knives, tupperware, mixers, coffee makers, peelers, can openers... there's a heck of a lot of "stuff" in the kitchen that can require a great deal of time, energy, strength, and coordination. And all too often, we end up "pushing through" tasks the way we've always known rather than discover new ways of doing them, with accessibility in mind.

Right angle knife

Youtube review: <https://youtu.be/cyzTJXy0qx8>

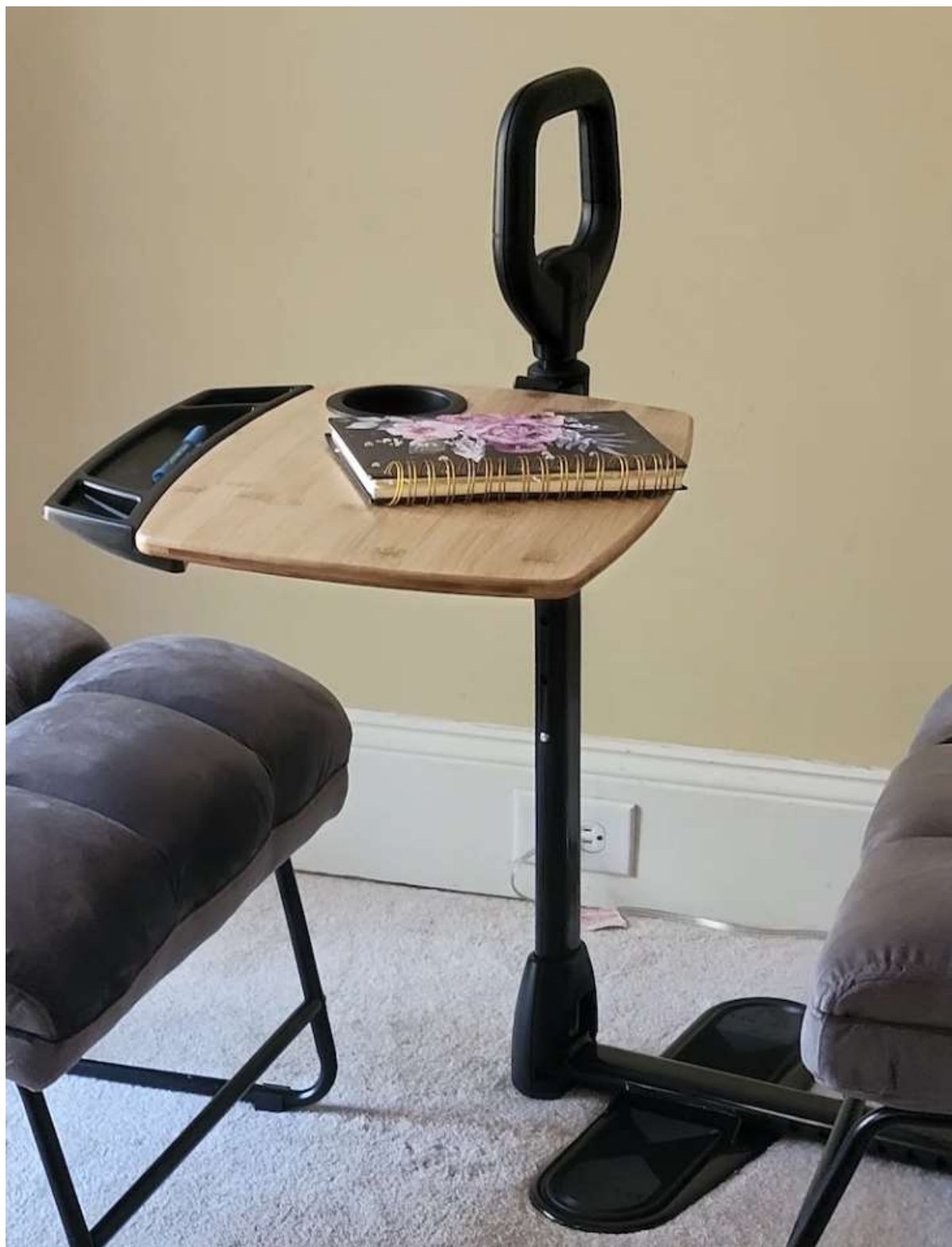
To purchase on Amazon: [Amazon - Able-T Right Angle Knife](#)



Adjustable Tray Table with Stand Assist Handle

Youtube demonstration: https://youtu.be/_eVpI23ObLg

To purchase on Amazon: [Amazon - Able Life "Able Tray" Table with Stand](#)



To read the full reviews by Day Undefined for these products and many others that make your life easier, click [HERE](#)



The #1 Way to Combat Low Energy Over Age 50

Excerpted from Parade Magazine

Parade spoke with Dr. Scott Kaiser, MD, a geriatrician and Director of Geriatric Cognitive Health for the Pacific Neuroscience Institute in Santa Monica, California, to find out the best ways to stay energized as we age.

Dr. Kaiser's number one tip: get moving.

“Jump, squat, march, raise those arms...the benefits of regular physical activity are so numerous—especially for our brain health—that, in a sense, exercise is the closest thing we have to a miracle drug,” he says. Even a ten-minute burst can yield great results. You could even make it a dance routine as studies indicate that exercises that combine physical and cognitive challenges can especially improve memory and brain health.

Read the full article for more recommendations [HERE](#)



Is kombucha good for you?

Excerpted from Consumer Reports.com

Kombucha is a fermented tea drink, usually made from black or green tea, sugar, and/or fruit juice, and a combination of live cultures called a SCOBY (symbiotic culture of bacteria and yeast). The process of making it is similar in a way to sourdough bread—you can even use a SCOBY to make sourdough starter.

Boosting probiotic intake is why many people drink kombucha, and these compounds are often credited for the drink's purported benefits.

Like other fermented foods—such as yogurt, kefir, and kimchi—kombucha contains these good bacteria. “There’s general agreement that people should be eating more fermented foods because probiotics may help maintain the body’s microbiome, the collection of healthy bacteria that lives in our bodies and are important to health,” says Amy Keating, RD, a Consumer Reports nutritionist.

The benefits of probiotics might not be as clear or as vast as some of the claims suggest, however. Probiotics are thought to play a role in digestive health and immunity, but more research is needed. “While specific strains of

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as irritable bowel syndrome or traveler's diarrhea, it's not clear what benefits you would achieve from kombuchas, given the variability in how they are formulated and the limited research," Keating says. Some of the commercial kombuchas are made with strains that have shown some benefit in studies, but those studies weren't done with kombucha as the delivery method, Curtin says.

Another thing to note is that while authentic kombucha is raw and not pasteurized, some brands do pasteurize to ensure that there is little risk for harmful bacterial growth and/or to extend shelf life. Pasteurization, however, destroys the live probiotics. Some producers, especially those that list specific strains on the labels, may add probiotics after pasteurization, Curtin says.

Read entire article [HERE](#)



Enjoy this previously taped Stretch and Strengthen with Rayner class and don't forget to join us for the next live zoom class! The next class will be June 19 and every other Monday after that at 11am. RSVP on the Sausalito Village event calendar for

IN ADDITION: Rayner teaches via zoom for Vivalon on Tuesdays. Classes are free, but you must sign up as a Vivalon member. Here is the link: <https://vivalon.org/about/Vivalon-membership/>



Best Hot Dogs

There are no bad dogs—but some dogs are better than others

Excerpted from ConsumerReports.com

A hot dog day is a special day. It's an icon of summer, a hallmark of long, lazy weekends, a souvenir of childhood.

Are there bad hot dogs? Most of the hot dogs you find at the grocery store will taste perfectly acceptable on a good potato bun, especially if it's heaped with relish, mustard, chili cheese, or whatever it is your hot dog-loving heart desires. But some truly are better than others, and while you can't really go *wrong*, there are ways to go really right.

#1 Nathan's Hot Dogs

The original. The best. The pinnacle of a hot dog. This one comes from one of

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#2 Hebrew National

This hot dog is so good that it's almost unfair to classify it as second best. It is, in many ways, as good as a Nathan's hot dog.

#3 Oscar Meyer uncured

This is a kid-friendly hot dog that nevertheless doesn't skimp on flavor, with a slightly smoky taste, an even, delightfully bouncy texture, and a rich, fatty flavor that's simple and straightforward enough to appeal to young, less sophisticated palates.

#4 365 Everyday Value Organic Uncured Grass-Fed Beef Hot Dog

If you need your hot dog to be organic, get this one. But it's not going to blow you away.

#5 Ballpark franks

This hot dog is the epitome of "sure, why not?" It's the kind you'd be into when you're so drunk you'd eat a shoe if it had ketchup and mustard on it.

Read the entire article [HERE](#)



The Out-of-Touch Adults' Guide to Kid Culture:

Excerpted from Lifehacker.com

Bed rotting differs from “hiding from the world” or “suffering from overwhelming depression” in the intentional way it’s practiced. When you’re bed rotting, it’s not that you’re unable to face the world; you’ve chosen not to. It’s about happily saying “f**k all *that*” to the outside world and instead choosing to lay down, eat your favorite food, binge a TV show, and pet your cat instead. Whether it’s done for a few hours after work or school, or for days at a time, bed rotting is not being lazy. It’s practicing self-care.

In a way, bed-rotting is an aspect of JOMO, or “joy of missing out” in which one experiences fulfillment from consciously rejecting the demands and expectations of the outside world.

Age-Friendly Marin Forum



Let's get together

We're hosting a new event, and we'd love to see you there. Join us for Jazz Up Your Aging Brain with Music! Ways to Address Aging and Dementia, June 28, 2023 at 10:30 AM.

Register soon because space is limited.

We hope you're able to join us!

Jazz Up Your Aging Brain with Music! Ways to Address Aging and Dementia

[Register](#)



Turntable: From the given letters, discover as many words as possible that are four or more letters long.

Answer at the bottom of the newsletter.

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Museum of underwater art - TED Talk

Sausalito
PRIDE

June is Pride month

Excerpted from the SausalitoCurrents

Sausalito became a gay mecca after World War II. By the 1960s, there were more gay bars per capita here than in San Francisco. Despite this long and colorful history, our town has never hosted an official LGBTQ+ celebration or festival.

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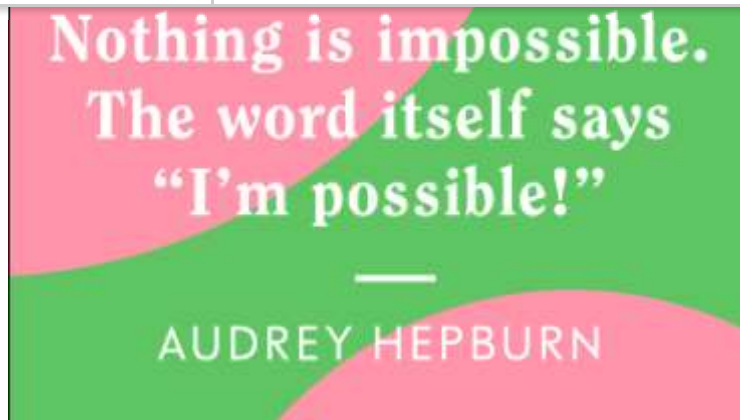
Events during the month of June include a Pride exhibit and opening reception at Sausalito Center for the Arts, a Pride sail on the Matthew Turner, a celebration of LGBTQ+ literature at Sausalito Books by the Bay, a party on June 29, and the Jazz and Blues by the Bay performance by Banda Sin Nombre.

A schedule of events can be found on the Sausalito Pride website. Events that have yet to be added to the schedule include a ribbon cutting for new rainbow crosswalks at the downtown intersection of Bridgeway and Bay Street and a special high-fashion drag performance at Gene Hiller Menswear.

Pride website: <https://www.sausalitopride.org/>



A Poem for Europa by U.S. Poet Laureate Ada Limón

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In need of a perspective shift?

Excerpted from Camille Styles.com

Behind the idea of positive affirmations lies the science of self-affirmation theory. In essence, it asserts that when we tell (and repeat) our beliefs to ourselves, we can “maintain our sense of self-integrity.” But even with science to back it up, I’ve still felt a bit of imposter syndrome when it comes to practicing positive affirmations. It’s normal to experience doubt in those moments when you tell yourself something that feels deeply untrue. For example, on a day when nothing seems to be going right, your hair’s doing all sorts of funky things, and a zit decided to show up out of nowhere, it can feel inauthentic to say “I experience beauty from within.”

Here are 10 to get started:

1. I have the power to change.
2. I am enough. I have always been enough. I will always be enough.
3. My bravery shines in every act and every decision.
4. I am always capable of creating inner peace.
5. I am grateful for my strong, healthy body.
6. I have everything within me to reach the success I desire.
7. I gain more experience and more wisdom as I age.
8. I have a gift for finding the beauty in everything.
9. I can create the life I’ve always dreamed of.

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What To Do With All Those Photos?

Join us for a live and interactive discussion with a leading expert on organizing, right-sizing, and preparing your loved ones' or clients' legacy photo collections.

Featuring Rachel Jenkins, success stories

Tues., May 23 @ Noon EST

PHOTO ARCHIVERS

SILVER GROUP® + **PositiveAging**

Connections • Choices • Community

Check out this Positive Aging class on organizing photos



Should you sleep with your bedroom door open?

Excerpted from Homes and Gardens.com

It may seem unnatural at first, but opening the door even a little bit could help you to sleep better, and keep your bedroom environment more hygienic according to sleep experts. It is certainly one of the simplest ways to improve sleep that we have come across.

Sleep expert, Hafiz Shariff, explains 'Leaving the door open allows fresh air to enter the room and dust particles can leave,' he begins, 'this means you won't be inhaling them overnight, resulting in healthier breathing patterns and feeling more refreshed when you wake up.

'I'd always recommend leaving the door open while sleeping to people suffering from insomnia, night terrors, or hot weather,' he adds.

Keeping air flowing is also important to prevent moisture build up in your bedroom which, in the right conditions, could potentially lead to the growth of mold.

Whether you have a dehumidifier, or leave the window or door open, it is important to keep this space free from spores to maintain good health and it's also worth knowing how to get rid of black mold if it arises.

As for temperature, especially in summer, leaving the door open can help to keep you cool if you do not have the best fan, or one quiet enough to sleep with. 'Having better airflow from the door being left open can help your bedroom have a more even temperature with the rest of the house/apartment, allowing your thermostat to respond and keep you cool for good quality sleep,' explains Dr. Jade Wu, PhD, and Mattress Firm's sleep health expert.

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2 hours of music to celebrate June Pride month



Answers to today's puzzler:

Find the 38 words in today's Turntable [here](#).

Have a puzzle to share? Send it to SausalitoVillageTips@gmail.com

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