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Photo by Joyce Alexander

Send your Bay Area photos to SausalitoVillageTips@gmail.com

Happy Friday, Villagers

And welcome to 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

Have you missed a previous newsletter? They are archived!

You can view past newsletters on the SV Website:

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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:

Anytime - [One on one tech assistance with Wendy](#)

August 28 - [Stretch and Strengthen with Rayner](#)

August 28 - [Trader Joe's - Volunteer shops for you](#)

August 28 - [Summer Sing Along](#)

August 29 - [Tech Training for Older Adults](#)

August 29 - [Afternoon Book Review Group](#)

August 30 - [Private Happy Hour at Ditas](#)

September 3 - [Tales of the Trail](#)

September 5 - [Line Dancing Mixed Level](#)

September 6 - [Technology Training on Zoom](#)

September 7 - [Marin County Senior Fair](#)

September 7 - [Line Dancing](#)

September 7 - [Safeway Shopping Trip](#)

September 9 - [Ready Sausalito](#)

Mark your calendar for Ready Sausalito, SV hosted Emergency Preparedness Fair Saturday, September 9th, 1pm-4pm



SV Summertime Sing Along - Join us, it will put a smile on your face!

We have Jean Capron on the keys and the entertaining Maria Paterno and Ciji Ware at the microphone. Come to sing or just listen!

Words are shown on the screen above or in printed song books.

Wine and cheese will be served on the patio at 4pm and singing will start promptly at 4:15pm.

WHEN: Monday, August 28, 4pm-5:15pm

WHERE: Campbell Hall, 70 Santa Rosa Street

RSVP so we can plan accordingly:

<https://sausalito.helpfulvillage.com/events/4007>

Plenty of parking.

Need a ride? Door to door rides are available, reserve yours by Friday

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Register Today

Group Session: <https://sausalito.helpfulvillage.com/events/3996>

Zoom Session: <https://sausalito.helpfulvillage.com/events/4008>



Technology Training for Older Adults Group Sessions in Person and Zoom

Session 1: The Basics

Including Accessing Websites, Apps, Zoom

August 29th

Embassy Suites, San Rafael

1:00 to 3:00

Register Here:

<https://sausalito.helpfulvillage.com/events/3996>

September 6th

On Zoom

4:00 to 5:30

Register Here:

<https://sausalito.helpfulvillage.com/events/4008>

Each sessions includes forty-five minutes of training followed by questions and answers, and 1 to 1 training. This is an opportunity to become comfortable with your computer, iPhone or iPad and get your questions answered. Free to all older adults (60+) in Marin County.

QUESTIONS

Email Wendy at

sausalitovillageconcierge@gmail.com

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Sausalito and Marin Villages**

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One-On-One Technology Training for Sausalito Village Members

Having problems with your computer? iPhone not working properly? Would you like to learn something new on the internet? If so, we have a new program for Sausalito Village members to receive free one-on-one technology training from July until December. This opportunity is available to all Sausalito Village members and volunteers.

CALL TODAY TO SCHEDULE A FREE SESSION

If you would like free one-on-one technology training please call Wendy to schedule a session at (415)332-3325.

Multiple sessions available

Contact Wendy today at 415-332-3325 for your One-On-One Session



How to prepare your phone for emergencies

Excerpted from WSJ.com

Juice up your devices

Keep your devices plugged in during bad weather so they will be fully charged if the electricity fails. Top up any power banks you own as a backup. Some newer products from companies such as Anker can juice up your smartphone and laptop at the same time.

If you want to go bigger than the pocketable battery packs, WSJ personal tech columnist Nicole Nguyen recommends buying a portable power station. They are typically the size of a boombox, are cheaper than generators and can be safely operated indoors. They likely won't power your refrigerator for days but can keep your smartphone charged. Solar-powered batteries can be helpful

To extend the battery life of your devices themselves, turn on the low power modes offered on iPhones and Android phones. That typically dims the screen and limits other functions to consume less energy. And keep your devices away from heat as much as possible.

Stay connected

If cellphone service and power are down during or after a storm, there is a chance you could still access your home Wi-Fi to text and call others. Just make sure your modem and router are plugged into an external backup battery.

The type of internet you have can make a difference, too. Fiber-optic internet can be more reliable than cable internet during storms since it is less vulnerable to outages.

iPhone 14 users can take advantage of Apple's Emergency SOS via Satellite service to contact emergency services when out of cellular range in supported countries. (Older iPhones don't have the necessary hardware, and mainstream Android phones don't yet have satellite connectivity.) You need to be outdoors with a clear view of the sky to connect with the satellites.

Prepare to use this service by updating your Medical ID—a page in the Health app with your allergies, medications and other information—and by assigning your emergency contacts ahead of time.

Keep tabs on your surroundings

Even if you are stuck indoors while the world is raging outside, it is important to stay informed about what is happening around you—especially when circumstances can change quickly.

You may miss alerts if you don't have cell service, so it is important to have a hand-cranked or battery-powered emergency radio just in case.

You can notify friends and family when you call emergency services by setting them as emergency contacts. On iPhones, open the Health app, tap your profile picture, then tap Medical ID. Tap Edit, then scroll to where it says Emergency Contacts and tap the green plus button to add someone new. Choose who you want to add from your Contacts, specify the person's relationship to you, then tap Done to save your changes.

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up-to-date, and get a head start on charging to make sure they are ready to go when needed.

Read this article in its entirety [HERE](#)



Private Happy Hour at Sausalito's newest culinary gem, Ditas!
Wednesday, August 30th from 3:00 to 4:30

Please join us to experience the beauty of Ditas, the newest waterfront restaurant now occupying the space previously held by Ondine's.

Enjoy drinks created by Alvaro Callie, Ditas' Mixologist, while taking in one of the best views in Sausalito, and meet Nikita Khandheria, the 20 year old creator and CEO of Ditas who will share her journey with us.

No host bar. Sausalito Village members and volunteers will receive a coupon from the Village for \$5 off a drink. Nibbles will be served.

Open to Sausalito residents.

RSVP Now for Ditas Marin Private Happy Hour

<https://sausalito.helpfulvillage.com/events/4006>



Get your fire extinguisher checked, filled, recycled or purchase a new refillable at READY SAUSALITO

When did you last check your Fire Extinguisher?

Correct answer: every 4-5 years

Need yours refilled or need to purchase a new refillable one?

WHEN: Saturday, September 9th, 1pm-4pm

WHERE: MLK basketball court on Coloma between Bridgeway and Olima Streets

Click [HERE](#) for more information about READY SAUSALITO

Gabe from Fire Master will be available to check the readiness of your fire extinguisher, refill those that are refillable and make available new refillable extinguishers for purchase.

Is your fire extinguisher refillable? Refillable extinguishers have metal handles and a gauge.

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Cost to NEW or REFILL 5lb extinguishers \$50 plus tax (21% tax)

Cost to CHECK your extinguishers \$0

Cost to RECYCLE your extinguishers \$0

Cash appreciated

Large refillable extinguishers, both new and refurbished will be available, they are 5lbs each



All residents of Portofino apartments in Sausalito received eviction notices!



Beach Park hosted by Age Friendly Sausalito

- Open to all seniors
- Transportation provided on a Vivalon Van
- Lunch will be provided FREE of charge
- Please RSVP right away, and we'll send out the lunch sandwiches/salad list for you to make your choice.

WHEN: THIS coming Thursday, August 31

TIME: Depart City Hall parking lot at 10am, return before 2pm

RSVP: agefriendlysausalito@gmail.com or call: (415 331-1393)



NEW tenants in Marin City shopping center!

Excerpted from Marin IJ.com

The center along Highway 101 announced the addition of five tenants this month. The Show de Carnes Brazilian Steakhouse and the pet services store

“The Marin Gateway Center is extremely proud to welcome these new tenants who represent a diverse offering to the local neighborhood,” said Joshua Townsend, a spokesperson for the shopping center. “The Gateway center is extremely proud to offer new services to the community and wants to continue to grow its relationships and offerings within the community.”

Ray Layug, the owner of Jet Physio Sports Physical Therapy Inc., said his company is expanding from its small location on Bridgeway in Sausalito. He said the new site will give him thousands of square feet for a gym and treatment rooms.

“We want it to be the facility where everyone can have the resources to heal,” Layug said. “I want it to be a space where people in Marin can be motivated and inspired and be motivated in their recovery to the best possible degree they can.”

Ajay Sohi, owner of Salons by JC, said his business will offer space for 36 stylists to lease. The 7,400-square-foot space is undergoing a \$2.5 million renovation.

“We are definitely looking for the community to support them,” Sohi said. “This will be our first location in Marin County.”

Grocery Outlet will fill the space formerly occupied by CVS, which closed in December 2021. The site used to be Longs Drug Store.

Show de Carnes Brazilian Steakhouse opened in April in the location where Outback Steakhouse operated for 12 years.

In 2017, Target took over the 45,000-square-foot building formerly used by Best Buy.

The Gerrity Group, the Southern California company that owns the shopping center, says the new businesses are signs of the ongoing economic vitality of the center.

“The vision we have for the Marin Gateway Center is simple,” said Colby Young, vice president of asset management for Gerrity. “We would like to make the center a destination for the community and we feel these new tenants contribute to this goal.”

“The center is in one of the most beautiful places in the world and we would like to celebrate this with the neighborhood we reside within,” Young said.

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Friday by calling Wendy at 415-944-5474. More about CARSS:

<https://www.carss4you.org/>



10 Ways To Wake Up Without A Cup Of Coffee

Excerpted from HuffingtonPost.com

Coffee is fantastic. More than half of adults in the U.S. think so, drinking a cup of the stuff every day. The habit has been shown to lower the risk for diabetes, depression and some cancers.

While many of us count on a cup to wake us up in the morning, drinking coffee isn't the only way to energize yourself for the day ahead. Whether you're trying to cut back on your coffee consumption or have never been able to warm up to the beverage's bitter taste, check out the 10 other things that can invigorate your sleepy mornings.

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check out this list of 10 poses to fight fatigue

Bite into an apple

Apples contain natural sugars and other carbohydrates that can help stabilize your blood sugar.

Roll out of bed and exercise

Exercise releases endorphins that'll make you feel good and more prepared for the day. You don't have to go on a five-mile run to reap these benefits.

Get some fresh air and sunlight

Getting a dose of morning sun is linked with better mood and lower BMI -- a double-win.

Take a cold shower

Yes, it's miserable (but you will get used to it if you turn it into a habit), but the instant change in temperature can actually relieve stress and make you feel more alert.

Pour yourself a very cold glass of water

Still feeling temperature shy? Compromise by drinking a cup of ice water first thing in the morning. Like the shower, it'll trigger your adrenaline and boost blood flow to your brain.

Try tea

The drink still contains caffeine (though considerably less) for a little buzz, as well as many other benefits, including strengthening the immune system and lowering blood pressure.

Call a loved one

Chatting up anyone with whom you feel a close personal connection can help charge you up.

Give yourself a massage

One study found that performing a little acupressure could assist in providing a bit of energy.

Make morning its own soundtrack

Read the entire article [HERE](#)



Tuesdays are now Sausalito Village Errand days!

Do you need a prescription picked up? A library run? Dry cleaning picked up? A few of items from a store? Our newest volunteer, Amy, is happy to run your errand on Tuesdays.

Please let Wendy know by Monday at 5:00pm what errand you need help with and it will be completed on Tuesday. You can reach Wendy at 415-332-3325 or SausalitoVillageConcierge@gmail.com

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SV's Tales of the Trails

WHEN: Sunday, September 3, 7pm

WHERE: Zoom (register for the link)

RSVP: Contact Sue Dunlap at suedunlap46@gmail.com or 415-332-3746 to reserve a spot and for more information.

Join in to hear about Beth Huning's trip as she share photos and tell you more about the "Land of the Pharaohs".

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SV will pick up your donations

Thanks to SV volunteer, Kathleen Maher, you can now clean your closets and have your donations picked up at your home and brought to Women Helping All People's Finders Keepers Store in Marin City.

WHAP's "Finders Keepers" Shop is a free give-away thrift store for clothing and household goods. Everyone is welcome 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.

More about WHAP: <https://www.mcwhap.org/about.html>

Call or email Kathleen one week ahead at kemnjsa@gmail.com or (415) 726-8957

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Enjoy this NEW 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 August 28 and every other Monday after that at 11am. RSVP on the Sausalito Village event calendar for the zoom link ONLY if you are attending for your first time.

www.SausalitoVillage.org

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/>



It's tough to know how to talk about a life-threatening illness, whether it's your own or someone else's

Excerpted from Vox.com

It's common to receive a scary diagnosis. And yet, talking about these diagnoses in a compassionate, supportive, understanding way often presents challenges for everyone involved — both the people who have been diagnosed and those who love them. While their heart may be in the right place, people learning of a loved one's diagnosis, often due to a feeling of helplessness, offer words that are anything but helpful.

Who you share information about your diagnosis with as well as the best time to bring it up with them will depend on your individual needs and what feels right to you. “You need to do what you feel comfortable with at your own pace,” says Meredith Cammarata, an oncology social worker at Memorial Sloan Kettering Cancer Center in New York City. “You don't necessarily have to immediately start telling everyone if you don't want to. This is your own life, your own business, your own

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and who you don't want to talk to. In doing so, you can create a support team with whom you feel able to be vulnerable. Conversely, you may also feel alone and isolated because you don't have people in your life you feel you can rely on or trust with this poignant news, says Cammarata. If that's the case, it can be helpful to reach out to other people navigating the same diagnosis in your medical community or connect with a mental health professional, she says. For example, Riga says the "single most helpful thing" for her mental health was making connections within the cancer community, like meeting a mentor with whom she has become close friends through an organization called After Breast Cancer Diagnosis (ABCD) and working with a psycho-oncologist. She also volunteers and advocates with b-present, an organization that provides resources for those supporting adolescents and young adults navigating cancer.

While learning that someone you love is facing a life-threatening diagnosis is no doubt frightening, showing support involves managing your own feelings as opposed to expecting them to. By making a concerted effort to tune into and follow your loved one's cues — a valuable step Cammarata recommends taking ongoingly — you'll note that there are times in which they want to open up and other moments in which they'd prefer not to discuss their experience at all.

If sharing about their diagnosis seems like the last thing your loved one wants to do, you might say, "I'm here to listen if and when you want to talk," suggests Cammarata, who adds, "Be mindful that they might not want [their diagnosis] to be a topic of every discussion. They might say, 'Let's talk about the news or celebrity gossip.' They might want to change the topic, and that's okay, too. It might be a nice reprieve."

Read the entire article [HERE](#)

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Senior Marin County Fair - September 7th

The Marin County Senior Fair is back and Sausalito Village will be providing rides for its members.

Sausalito Village Members RSVP now to reserve your spot [HERE](#)

10:00am pick up at your home, depart the Civic Center at 1:00 to return to Sausalito

Here is a link to all of the info at the Fair: <https://www.marinseniorfair.org/2023/>

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BOOKS
BY THE
BAY****SPECIAL EVENT**

"I was unloading 1,000 books out of my truck, carrying them up the stairs to my apartment with no lights on when the air raid sirens started going off."

Join us for the inspiring story of entrepreneur Slava Svitova -co-founder of Creative Women Publishing -- the first, and only, publishing house in the Ukraine to exclusively feature women authors. Slava will share what she has learned about leadership, and how she has managed to thrive despite living with the daily unknowns of war-torn Ukraine. She lives in Kyiv with her daughter and is the author of books for children and adults.



100 Bay Street | Sausalito | 415.887.9967

Online Event
Live from the Ukraine
August 26th
10 AM (PDT)
 with Ukrainian
 author & publisher
Slava Svitova

in conversation with
Cynthia Nimmo

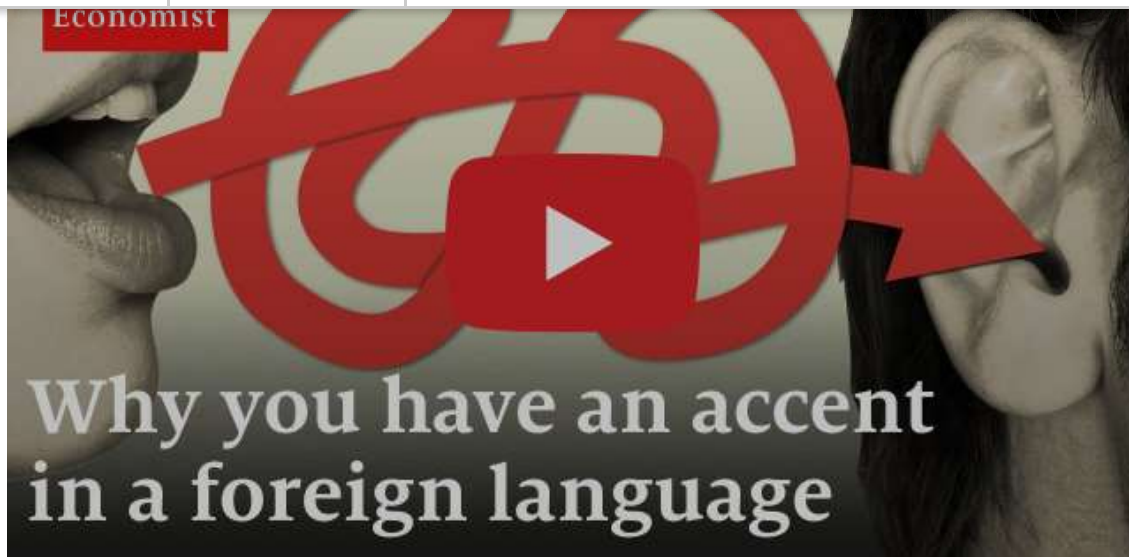
Chief Strategist for She the People

Register for Webinar:

www.sausalitobooksbythebay.com/2023-events



Register for this webinar: www.sausalitobooksbythebay.com/2023-events

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SV has a durable medical equipment 'library'

MESSAGE FROM THE HEALTHCARE ADVOCACY COMMITTEE

The HealthCare Advocacy Committee wishes to remind members that we maintain some medical equipment that can be borrowed by Sausalito Village members should they have a

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The equipment currently includes a walker, a commode, a shower chair, a raised toilet seat and a shower chair.

If you have a need and would like to borrow a piece of equipment, please contact MaryKae Krause at 415-332-3554.

Need other items? Try the Marin Medical Equipment Recyclers open every Wednesday from 11am to 2pm to lend all types of items. They also take donations of lightly used equipment. More info on their website: <https://marinmer.org/>



When you lose weight, where does it go?

Excerpted from HealthDigest.com

Body fat is important because it protects soft organs. It also manages glucose and cholesterol levels and releases hormones that communicate with other organs and the central nervous system. The body can have trouble regulating itself when it has too little or too much fat. For example, too little body fat can lead to malnutrition and too much body fat can increase the risk of heart disease and type 2 diabetes, according to "Introduction to Nutrition" (via LibreTexts Medicine).

Subcutaneous adipose tissue is the type of body fat just beneath the skin that can be felt and pinched. Another type of body fat associated with diabetes, heart disease, and other conditions is called "visceral fat," which is located around the stomach, liver, and intestines. An unhealthy diet and lack of physical activity can contribute to excess visceral fat.

When fat is finally shed from the body, does it simply disappear into thin air? Some scientists believe that body fat can be released through water and carbon dioxide, as described by BBC News. A 2014 study published in BMJ-British Medical Journal discovered that fat could be exhaled from the lungs as carbon dioxide after being fully oxidized. "Our calculations show that the lungs are the primary excretory organ for fat," explained the researchers. Body fat can also be expelled by the skin and kidneys in the form of bodily fluids like sweat, urine, and tears.

The body's respiratory rate increases during a workout, which allows more carbon dioxide to leave the body through the lungs, according to the Cleveland Clinic. It takes approximately 30 to 60 minutes of aerobic exercise for the body to transition from burning stored glycogen to burning fat.

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FRIDAY PUZZLE

You can go from “A” to “seatbelt” by adding a letter and rearranging them into different words. Which words belong on the dashed lines?

A

AS

SEA

EAST

TASTE

SEATBELT

Find the answer at the end of the newsletter.



What is the vagus nerve?

Excerpted from BBCScienceFocus.com

Your brain is connected to your body through a set of 12 crucial nerve networks that descend through your spine and branch out into your body. Of these, the vagus nerve is probably one of the most important. Its tendrils influence digestion, your heart, your reflexes and your breathing.

The nerve itself is actually two thick bundles of individual neurons (nerve cells) that originate in the brain and pass out to the rest of the body through left- and right-sided openings at the bottom of the skull.

Most of the individual neurons that make up the vagus nerve are sensory ones – about 100,000 on each side of the body in humans – which pass messages from the organs to the brain, and are activated by sensory input from the environment. The remainder are motor neurons, which send messages in the opposite direction, from the brain to organs, and directly control all of our muscle movements.

The vagus nerve is a sort of polymath of the parasympathetic nervous system, getting involved in everything from breathing, heart rate, swallowing, sneezing, digestion, appetite, immune responses and even orgasm.

types of sensory signals from different organs. Some, for instance, sense chemical signals like oxygen levels in the blood or the secretions of bacteria in the intestine, while others sense mechanical signals like stretching of the blood vessels and

The functions of the vagus nerve are so numerous and varied that it's very likely there are roles that we have yet to uncover. We do know, however, how we can tap into it. Doctors sometimes prescribe 'valsalva manoeuvres' to activate the vagus nerve and slow a fast-beating heart or calm heart palpitations. These might involve activities like coughing, straining like you're on the toilet or, perhaps most bizarrely, doing a handstand.



The best fix for bad breath when you are not near a toothbrush

Excerpted from HuffingtonPost.com

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is going to be a major VOC problem at your next all-hands meeting, try some of these smart tips from the experts.

Mints and gum, but with a caveat.

Make sure to read the label first.

“Stick with sugar-free products, since bacteria will thrive in your mouth if you feed them sugar,” Paulis said. They’re effective for more than just their great aroma, too.

Eat apples or yogurt.

“Eating some fruits, like apples, can also calm sulfur compounds in the mouth, as can eating yogurt,” Paulis said.

“They actually help neutralize any bad smells,” Bonnaig said.

Drink up.

“Staying hydrated can help reduce the amount of bacteria in your mouth,” Wei said. “After you drink, try rinsing your mouth out with water, which can help remove food particles and bacteria, too.”

Grab a spoon.

“Using something like a spoon to scrape potential bacteria off your tongue may help improve breath in an emergency,” Paulis said. This mimics the effect of the ever-popular tongue scraper that has taken TikTok by storm.

Take care of your teeth, not just your breath.

While all these suggestions are great in a pinch, it’s still important to stick to the basics of dental hygiene, both in a regular at-home routine and during dental visits.

“To keep bad breath under control, you should brush the teeth, gums and tongue thoroughly twice per day, and clean between the teeth once a day with floss or a water flosser,” Paulis said.

Remember, you’re in this for the long haul.

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As I age...

AS I AGE

By Mark Nepo

*Little things fall away
as big things become more clear.*

*I can no longer open jars
or carry two grocery bags at once.*

*But I can perch like an eagle
on the edge of the vastness
in any given moment.*

*I now walk into the kitchen
and forget what I was after.*

*But I can recite Basho's instruction
to Kikakou in 1689 and join
their conversation.*

*I now stop near the top of the hill
because my hips burn.*

But can see directly into the soul

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*And I can wake in the night
with a sudden fear of death.*

*But can quiet that fear with
the ancient chorus humming
in the wind.*

*It's as if my body is a nest
and my soul is a bird
who has waited a lifetime
for the moment
it can fly away.*



What a great time we had at SF Playhouse



And Summer Supper Club was perfect



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Mortgages

WHEN: Wednesday, September 27, 2023, 10am-11am

WHERE: Zoom

RSVP: <https://sausalito.helpfulvillage.com/events/4053>

If your goal is to remain in your home and you are looking for options to pay for homecare costs, either now or in the future, take this opportunity to learn more about a reverse mortgage.

About a reverse mortgage from the Consumer Financial Protection Bureau: A reverse mortgage loan, like a traditional mortgage, allows homeowners to borrow money using their home as security for the loan. Also like a traditional mortgage, when you take out a reverse mortgage loan, the title to your home remains in your name. However, unlike a traditional mortgage, with a reverse mortgage loan, borrowers don't make monthly mortgage payments. The loan is repaid when the borrower no longer lives in the home. Interest and fees are added to the loan balance each month and the balance grows. With a reverse mortgage loan, homeowners are required to pay property taxes and homeowners insurance, use the property as their principal residence, and keep their house in good condition.

Learn more about Reverse Mortgage options with Mill Valley local, Mary-Alice Cardenas who is a specialist with Finance of America Reverse.

About Mary-Alice: Mary-Alice Cárdenas has proudly supported independent and healthy lifestyles for seniors throughout her career. She has been a reverse mortgage specialist serving California for nearly two decades. Before her work in the mortgage industry, Mary-Alice worked at On Lok for seven years as a recreation and Alzheimer's care specialist. She holds a master's degree in public health and also has extensive real estate experience – both of which have lent to her helping over 1,750 older homeowners use reverse



Cargo ship sets sail to test wind power at sea



SAVE THE DATE! SV Trip to see the Tudors at the Legion of Honor

WHEN: Wednesday, September 20, 2023, 10:15am - 1:45pm

WHERE: Legion of Honor

WHO: Open to SV Members and Volunteers

RSVP: <https://sausalito.helpfulvillage.com/events/3995>

The Tudors: Art and Majesty in Renaissance England

We will meet at Dunphy Park and depart at 10:15 sharp with SV volunteer drivers, driving their cars.

We will arrive in time for the 11:00am docent tour, for those interested. Lunch is available in the cafe. We will depart at approximately 1:45pm.

When you register, **PLEASE let us know in the Comments Section if you are a member of the museum and how many guests you can get in for free.** The cost of entrance for all attendees will be based on how many guest passes we have. Generally, our group has had enough entry passes and been able to get in at no cost, but this is not guaranteed.

About the exhibit: The Legion of Honor is the sole West Coast venue for the first major exhibition of Tudor portraiture, textiles, sculpture, silver, jewelry, and manuscripts in the United States. The exhibition follows the development of the arts in England from Henry VII's seizure of the throne in 1485 to the death of his granddaughter Elizabeth I in 1603. The Tudor period in England saw the end of medieval feudalism, the rise of absolute monarchy, the English Renaissance, the Protestant Reformation, and the expansion of maritime trade. Art and luxury goods were used to legitimize the Tudor dynasty and reinforce shifting religious and foreign policies. Including iconic portraits of England's most enduring monarchs and lavish works

...to in Tudor England, culminating in the distinctly English
Elizabethan style.



Overthinking at night? 6 strategies for better sleep

Excerpted from WashingtonPost.com

There are many psychological tools to help with overthinking, but two people with comparable struggles may not benefit from or prefer the same tools. We insomnia specialists try to have available sizable and diverse tool kits that address cause or manifestation without sacrificing specificity.

Irrespective of tools, there are some general principles that may help with overthinking:

determined, and they can come feeling back. Good techniques allow us to coexist peaceably with our thoughts.

- At night, it is best to use simple, calming techniques that do not re-litigate the content of our concerns.
- Issues that inflame overthinking — such as overwork, too little support, isolation, guilt, mental health concerns and insufficient exercise — matter. Why are you overthinking? What do you need more or less of in your life? These questions are best addressed during the day or early evening.
- Engaging in abundant negative or anxious thinking can condition unwanted habits of mind. The Buddhist teacher Thich Nhat Hanh cautions us to be careful which plants we water over and over in our minds. These are the plants that will grow big and strong and, in turn, demand more care and feeding.

Use a soothing distractor

During periods of insomnia, turn to more soothing thoughts to compete with your default thoughts. The human mind cannot entertain two narratives simultaneously.

Listen to peaceful audio books, podcasts or conversational radio programs, or read calming stories or books (with the light very dim and blue-blocked). Each time the unwanted thoughts arise, don't push them away. Let them recede into the background and gently return your attention to your soothing distractor.

Try exposure therapy for thoughts

This is a daytime technique. Variants are used for the thoughts that can accompany OCD, but I teach it for preoccupying thoughts more generally.

- Take a few days to list your recurrent negative and anxious thoughts.
- Record the list into the audio recorder on your phone or computer three times in a single recording.
- The first time, recite the thoughts in the tone in which they naturally pop into your head.

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- Listen to the recording on a loop for an hour a day while you are doing something else such as playing a computer game that doesn't involve words or sound, or cleaning up.

Examine overlooked feelings

Read the full article [HERE](#)



Pass the word! READY SAUSALITO

WHEN: Saturday, September 9th, 1pm-4pm

WHERE: MLK basketball court on Coloma St between Bridgeway and Olima

WHO: Open to EVERYONE, pass the word!

MORE INFO: <https://sausalito.helpfulvillage.com/>

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2.5 hours of music



LATTES or LATEST then BATTLES or TABLETS

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

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