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Photo by Katie Godowski of Point Bonita Lighthouse

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

Have you missed a previous newsletter? They are archived!

You can view past newsletters on the SV Website:

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SV hosted events in the coming 2 weeks:

September 24 - [Line Dancing Workshop](#)

September 25 - No Stretch and Strengthen due to Yom Kippur

September 26 - Errand Tuesday

September 26 - [Afternoon Book Review](#)

September 27 - [Learn About Reverse Mortgages](#)

September 27 - [In Person Tech Help by SV's Wendy in Pt. Reyes](#)

September 27 - [Film Group "Barbie"](#)

October 1 - [Tales of the Trails](#)

October 2 - [Mayor Update hosted by SV](#)

October 3 - Errand Tuesday

October 4 - [Free technology training via zoom](#)

To view the Sausalito Village calendar full of events [CLICK HERE](#)



Drifting Smoke Impacting Marin Air Quality

Marin County Public Health offering tips for vulnerable residents.

Those most at risk include individuals with chronic lung conditions such as emphysema and asthma.

Take these steps to avoid or reduce smoke exposure:

- **Stay Informed:** Follow [HHS Wildfire Air Quality](#) recommendations along with [AirNow's Air Quality Index](#). When the AQI is 150 or greater, it's time to take special precautions.
- **Limit Outdoor Activities:** Stay indoors when possible, to minimize your exposure to heavy smoke.
- **Create a Clean Environment:**
 - Close windows and doors.
 - Use a CARB-certified air cleaner.
 - Run home and car air conditioning on recirculate mode.
 - Avoid vacuuming, frying food, or using gas-powered appliances.
- **Use a Mask:** If outdoor activity is unavoidable when air quality is poor, N95 masks are recommended. Cloth or paper masks are not effective against wildfire smoke.
- **Sign up for Alerts:** Stay "air aware" by signing up with [Nixle](#), [AlertMarin](#), and [PG&E](#).

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YOU are invited to the SV Community Meeting

COMMUNITY MEETING

Please Join The Sausalito Village's
Annual Community Meeting

Honoring Tricia Smith



Monday, October 23rd

4:00 to 6:00 pm

The Spinnaker

100 Spinnaker Drive, Sausalito

Wine and Light Hors d'oeuvres

Please join us to celebrate the Sausalito Village's impact
in the community and Tricia Smith's 10 years
of extraordinary volunteer service.

Questions: please email Gale at galebrewer@comcast.net

RSVP for the SV Community Meeting:

<https://sausalito.helpfulvillage.com/events/4070>



SAVE THE DATE to learn the facts about Reverse 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 home care costs, either now or in the future, take this opportunity to learn more about a Reverse Mortgage as an option with Mill Valley local, Mary-Alice Cardenas who is a specialist with Finance of America Reverse.

What is a reverse mortgage? The Consumer Financial Protection Bureau states: 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

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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.

About Mary-Alice: Mary-Alice Cárdenas 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.



Are you a senior?

Do you consider yourself a senior?

Excerpted from MarinIJ.com

Baby boomers in general do not like the term “senior” and want to invent a new one. Suggestions have included “twilighters,” “rejuvenators” and “elders.” (Note: None of these have become mainstream; the closest is “elder.”) Senior Centers are looking to change their name to send a message that the center is one of vibrancy and activity. Alternatives have included “Club 50,” “The Better Center,” “The L Club” (as in the Roman numeral for 50) and “The Second Half.” Although everyone is growing older, most do not want to be perceived as old. Laura Carstensen, director of the Stanford Longevity Center notes that finding an alternative is challenging. “I

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quoted in the *Wall Street Journal* cartooned about the word perennial as a substitute. She explains that a perennial symbolizes that we still are here and adds that “given the proper conditions such as a good soil and nutrients, perennials can continue for decades.”

The National Center to Reframe Aging offers a toolkit and resource guide to change age-related language to be more neutral. Some of those suggested terms include: older persons, older people, older adults, older individuals, persons 65 years and older or the older population.

The question becomes, “exactly when does a person become a senior?” There is no single definition. Medicare would say age 65; Social Security would indicate age 62 or age 65. Senior discounts typically begin age 55 to 60 or even at age 50, which is the minimum age to become an AARP member. Senior living communities usually begin at age 55.

The next question is, why so many have a negative visceral reaction to the term “senior?” For some the latter term is connected to words such as disease, depression and death. Although these all may occur with age, they do not represent an overall accurate picture of aging. Rather it is an example of narrow stereotypical thinking and perhaps motivated by fear.

These negative stereotypes overlook the realistic view of older adults in terms of their vibrancy, wisdom, compassion, intelligence, creativity, commitment and the \$8 trillion dollars they contribute to the American economy.

Perhaps the bottom line is that we must define how we feel about our own aging, resisting any negative messages sent to us by society — that includes the media, entertainment, business, health care and other entities. In a sense, we are the trendsetters and advocates in promoting a realistic view by setting the example.

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SV Film Group September 27th "Barbie"

WHEN: Wednesday, September 27th, 2pm group watch, 4pm-ish group discussion

WHERE: Sausalito Presbyterian Church Hall (downstairs)

RSVP: <https://sausalito.helpfulvillage.com/events/4063>

SV Volunteers, Chef Joey and Pastor Paul, both graduated NYU Film School and love sharing and discussing films with you. The September selection is the billion dollar summer hit "Barbie"

About this Comedy: *Barbie* is a visually dazzling comedy whose meta

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Want to read more on IMDb, click [HERE](#)

Please arrive to watch the film at 2pm. The movie runs 1hr 54min.

Discussion will take place immediately following the film.

Seating will be in chairs and sofas in Thompson Hall, downstairs at Sausalito Presbyterian Church.

IMPORTANT!!! There is not a parking lot. We recommend you use CARSS (Call A Ride for Sausalito Seniors) unless you are able to walk the distance. Please contact CARSS for a free door to door ride by 48 hours ahead: 415-944-5474.



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Let some of the funniest photos from the 2023 Comedy Pet Photo Contest brighten your day

Excerpted from NiceNews.com

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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

Click here to register for the In-Person

Class. <https://sausalito.helpfulvillage.com/events/4057>

Click here to register for the Zoom

Class. <https://sausalito.helpfulvillage.com/events/4056>

Questions Contact Wendy at sausalitovillageconciierge@gmail.com

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Free Technology Training for Older Adults Group Session on Zoom

Session 2: Resources

Connect online to resources, groups and clubs through websites, apps, etc.

September 27th at the Dance Palace
Community & Cultural Center in
Point Reyes Station
from 1:00 to 3:00

Register Here:

<https://sausalito.helpfulvillage.com/events/4057>

October 4th

On Zoom

4:00 to 5:30

Register Here:

<https://sausalito.helpfulvillage.com/events/4056>

Each session 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

Call or Email Wendy at (415)332-3325
sausalitovillageconcierge@gmail.com

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Sausalito and Marin Villages

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Study of cardiac arrest survivors reveals insight into near-death experiences



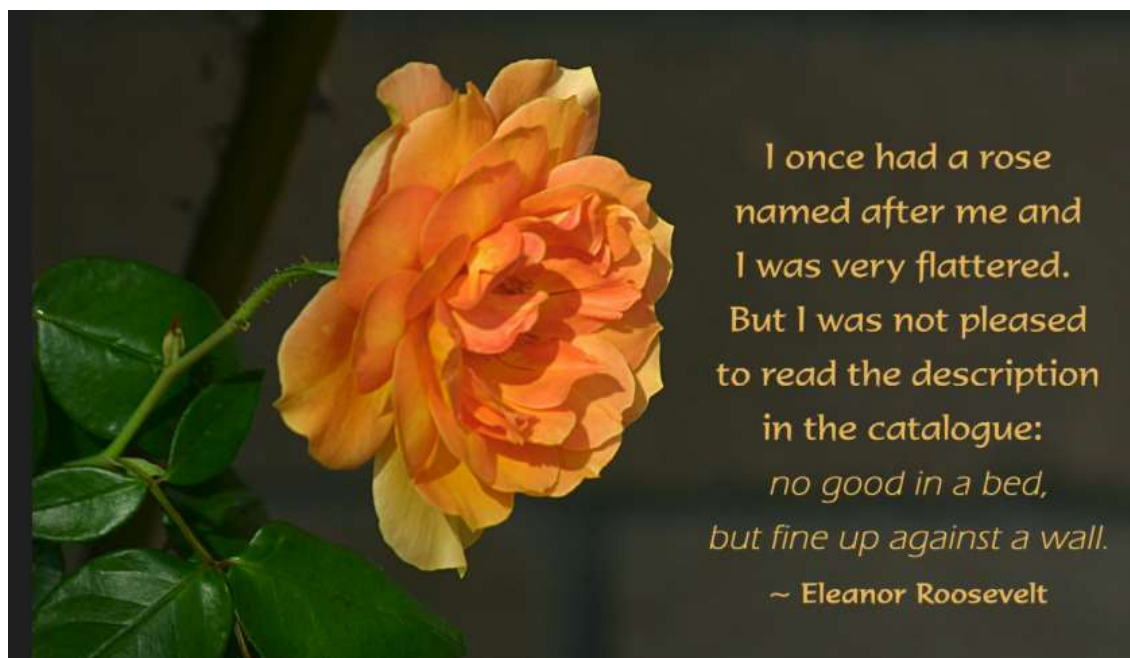
Use This Tool To Find The Nearest Bathroom While Traveling the world

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Some might step into the nearest restaurant or café and ask for the bathroom. If you're lucky, the staff will let you use it, otherwise you might hear, "Customers only" and be required to buy something in order to access the restroom. The same goes for stores; Sometimes you're able to easily find a bathroom, other times you need an access code. This predicament is a frustrating one that can cost you extra dollars if you really need to go. Luckily though, there's a hack for finding a bathroom that can help you prevent this scenario altogether. Flush Toilet Finder is an app that tells you where the nearest public bathroom is.

Flush Toilet Finder is a free app you can download on either your iPhone or Android. It tracks your location and shows you where the nearest public restrooms are and how to get there. You can rate each restroom, and check out the ratings others have left as well. If you find a bathroom that's not on there, you can add it. Currently, they have over 200,000 bathrooms all over the world marked, making it a perfect tool for traveling regardless of whether you're crossing borders or staying domestic. In addition to being useful for navigating restrooms in the city, it's also helpful when you're in the suburbs or out on the road.

Staying close to home? Use Siri on your iPhone to ask the location of the nearest public restroom and up will pop a list.





CARSS and SV can help you get vaccinated

The County will no longer receive covid vaccines to give out at community vaccination clinics. They are advising that residents go to their local pharmacy or medical provider.

CARSS will be expanding service on Mondays/Wednesdays/Fridays to drive riders to Walgreens in Tam Junction, Safeway in Strawberry and of course CVS in Target. Make your reservation online for your vaccines on a Monday/Wednesday/Friday and call Wendy at 415-332-3325 to reserve your ride at least 48 hours ahead. Open to anyone in 94965.

Are you a Kaiser patient? Sausalito Village volunteers will be providing rides to Kaiser vaccination clinic on two dates. Open to Sausalito Members and Volunteers only.

Sign up online to reserve your door to door ride to Kaiser vaccine clinic on these days:

Wednesday, October 18, 10am <https://sausalito.helpfulvillage.com/events/4064>

Wednesday, October 18, 1pm <https://sausalito.helpfulvillage.com/events/4066>

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Now Miss Universe Pageant has no maximum age limits

Excerpted from Parade.com

Miss Universe revealed a big change coming for the pageant.

Women's Wear Daily reports that Miss Universe 2023 winner **R'Bonney Gabriel** announced at Tanner Fletcher's New York Fashion Week show that the longtime pageant, which was inaugurated in 1952, will eliminate age restrictions.

Starting next year, any woman over 18 years old will be eligible to compete. Previously, the cutoff age was 28.

"What I love about Miss Universe is that they are always out first in line, looking for ways they can be more inclusive and better live up to the platform that they've designed for us," Gabriel told *WWD*.

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Lahaina's banyan tree sprouts new leaves!



Where to report an internet crime

AARP Fraud Helpline

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to 8pmET/5pmPT.

Trained fraud specialists and volunteers field thousands of calls each month. Get guidance you can trust, free of judgment. AARP volunteers can offer:

- Tips on how to spot a scam.
- Concrete steps to avoid fraud
- Actions to take if you have experienced fraud.
- Emotional support from peers who have experienced fraud.
- Guidance for families concerned that a loved one is being targeted by a scammer.
- Referrals to law enforcement and other agencies that investigate fraud.

Click [HERE](#) to view the AARP Fraud WatchDog Alert Handbook

FBI Internet Crime Complaint Center

Have you been scammed online and aren't sure where to turn to for assistance? If you believe you've been the victim of an internet crime you may file a complaint with the FBI's Internet Crime Complaint Center (IC3) at ic3.gov. The IC3 defines internet crimes to include any illegal activity involving one or more components of the internet, such as websites or email, and involves the use of the internet to communicate false or fraudulent representations to consumers. Once your complaint is filed, IC3 analysts will review and research the complaint and refer the resulting information to the appropriate federal, state, local or international enforcement or regulatory agency for criminal, civil or administrative action as the agency deems appropriate. Make sure to keep all evidence relating to your complaint as it will likely be requested by any agency that decides to open an investigation. If you believe your complaint is time sensitive, you should also file it directly with your local law enforcement agency. More information at marincountyda.org or 415-473-6495



October 2nd: SV Annual 'Mayor's Update' with Mayor Melissa Blaustein

We are happy to be back in person for this years Mayor's Update with Mayor Melissa Blaustein. Melissa will provide an overview of what has been happening during her Mayoral year and provide plenty of time for Q & A. We invite you to pass the word to friends and neighbors who reside in Sausalito and encourage them to attend.

WHEN: Monday, October 2, 2pm

WHERE: Edgewater Room, downstairs in City Hall

RSVP: <https://sausalito.helpfulvillage.com/events/4069>

Need a ride? Call CARSS 48 hours ahead to reserve a free door to door ride to and from the event.

CARSS (Call A Ride for Sausalito Seniors) is a City of Sausalito Age Friendly Program managed by Sausalito Village.



4 Exercises to Help Getting Up From a Chair

Excerpted from Livestrong.com

1. Glute Bridge

Glute bridges are a top exercise Garcia recommends for people having trouble getting up from a chair. This move strengthens your glutes and hamstrings (major muscles used when standing up), and your two main hip extensors.

"[Hip extension is the] action that allows our bodies to comfortably stand up straight," she says. And the glute bridge allows you to practice this motion in a lying down position, offering a little more support and control.

1. Lie on your back with your arms at your sides, feet flat on the ground and knees bent.
2. On an exhale, squeeze your glutes, press into your heels and drive your hips up toward the sky.

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4. Pause here for a moment.
5. Reverse the motion and return to the starting position.

Tip

For some extra stability, do this move on the floor next to a couch or sturdy chair to help you more easily get down onto and up from the ground.

But if getting down onto the floor feels challenging or uncomfortable, you can do this exercise lying down on a bed or couch.

Click [HERE](#) for the other three exercises and videos of each exercise

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Painting received in an Ikea bag



Three Friends and Their Favorite Fruits

Three friends—Alice, Bob, and Carol—have three favorite fruits: apples, bananas, and cherries. Each friend has a different favorite fruit. Can you determine who likes which fruit based on the following clues?

1. Alice does not like cherries.
2. Bob's favorite fruit is not bananas.
3. Carol's favorite fruit is apples.

Using these clues, can you figure out which friend likes which fruit?



Mindful eating - how to slow down the pace

Excerpted from NPR.com

Lilian Cheung, lecturer and director of Mindfulness Research and Practice in the Department of Nutrition at Harvard T.H. Chan School of Public Health, shares helpful tips on how to eat more mindfully. That's when you use your senses to enjoy the food, notice how it makes you feel and take time to express gratitude for your meal.

1. Use mealtime as a moment for reflection

Cheung shares an invocation she learned from the late Buddhist monk Thích Nhất Hạnh called "The Five Contemplations," outlined in his book *Savor: Mindful Eating, Mindful Life*. She says that saying these lines before meals have helped her practice mindful eating.

This food is the gift of the Earth, the sky, numerous living beings and much hard work and loving work.

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May we recognize and transform unwholesome mental formations, especially our greed, and learn to eat with moderation.

May we keep our compassion alive by eating in such a way that reduces the suffering of living beings, stops contributing to climate change and heals and preserve our precious climate.

We accept this food so that we may nurture our brotherhood and sisterhood, our family, and realize our ideal of serving all human beings.

2. Take at least 20 minutes to finish your meal

Very often we find ourselves eating while doing something else, says Cheung — and that can make us eat faster than we normally would. When you sit down to eat, spend about 20 minutes doing so. "It takes about that time for your body to get the signal to the brain that you are full," she adds.

3. Put that phone away

Remove all distractions while you eat. They can interfere with your ability to enjoy your food and notice when you are full. "Allocate time to eat and only eat," says Cheung. "Make sure your cell phone is face down and you're not going to be responding to any messages that come through."

4. Notice all the little details about your food

You might wonder how to spend 20 whole minutes eating a sandwich. Cheung says one way to slow down is to engage your senses and think through all the details about your meal. "Ask yourself: what's on my plate? How hungry am I today? Is it too salty?" she says. Notice the smell, the texture and whatever other senses that arise as you eat.

5. Portion out food you might munch on mindlessly

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chips, in a separate bowl to help avoid mindless munching. "If you have a whole bag of chips, it is really challenging to stop after six or eight chips," she says. "We love the taste, we love the crispiness and we just keep getting it from the bag, especially when we're looking at our cell phone or watching a TV program and are distracted." Portioning out these foods can help you eat less at a healthier pace.

6. Actually chew

If you're inhaling your food you're probably not chewing it. And chewing is an important part of digestion, says Cheung. It helps "break up the foods so it's easier for absorption." Look at each bite before popping it into your mouth, acknowledge what you're eating and "chew, chew, chew," she adds.



Sausalito Woman's Club Family Stories

On Thursday, September 28, 6:30- 8:00 at the Sausalito Woman's Club (120 Central Avenue) please come to hear Sausalito Woman's Club Member's Kids, now on the old side, about their memories of what life was like watching their mothers participate in



All of the panel participants are descendants of early to mid century Sausalito Woman's Club members. Admission is \$10, which includes small bites and a hosted bar.

Please RSVP to Alice Merrill

650-704-4837



Group Travel Etiquette: How to Split the Bill at a Restaurant

Excerpted from CondeNast.com

The truth is, speaking up to request a separate check or asking to pay less can feel awkward. But with some etiquette ground rules, dinner table brawls (and most excessive spending) are avoidable. In any scenario, be courteous to your waiter, who probably doesn't want to juggle six credit cards and three separate checks, by gauging their preference on how to split a bill before you order.

Only one person is drinking...

If only one person at your table is drinking, they should offer to cover the cost of their drinks—either by requesting a separate check at the start of the meal or, if one diner in the group is putting their card down, by offering to pay more to cover their share.

Only one person is not drinking...

Be conscientious of any nondrinkers at the table. If you notice that two people aren't drinking while eight are, recognize that they might find it

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Executive Chef, Conna Chopra has another solution to an imbalance of drinkers and nondrinkers at the table: “Have them ring up the food costs on one bill and all the drinks on another, so you can split the meal evenly between everyone, and the drinks evenly between everyone who is drinking.” Mic drop.

One person’s meal is significantly more expensive than others...

Practice some self-awareness here, and try to order in the ballpark of other diners at the table, generally speaking. And hey, if you’re really yearning for the lobster, all power to you—just don’t expect your friends to split the cost.


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A TOAST TO SAUSALITO

Presented by Sausalito Parks & Recreation and
in partnership with Sausalito Chamber of Commerce

OCTOBER 21st 1pm-5pm
CALEDONIA STREET



Sausalito.gov/festival
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WORKING ARTISTS STUDIOS

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SCA
SAUSALITO CENTER FOR THE ARTS

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SAUSALITO PICTURE
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Bay Cities Refuse
Committing Our Community to Sustainability

Take the Ferry to Sausalito

**Sausalito Village will have a table at A Toast of
Sausalito - come stop by and say hello!**

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Stretch and Strengthen with Rayner - enjoy this class video any time but be sure to tune in for her next zoom class on Monday October 2. (No class September 25)



Save the Date. Mike Moyle presents "Sausalito Then and Now"

Mike Moyle, a long-time Sausalito resident and the Historian at the Sausalito Portuguese Cultural Center, will give a Zoom program presenting a set of historic photos taken throughout Sausalito, juxtaposed with current counterparts that Mike has taken from a drone. The photos highlight both significant changes that have occurred over the years, as well as features which remain relatively unchanged. This will take place on October 30th and is open to everyone.

WHEN: October 30th, 3:00pm-4:15pm

RSVP: <https://sausalito.helpfulvillage.com/events/4050>

Mike will lead a Sausalito history walk starting between the elephants at Plaza Viña del Mar, and ending at City Hall on October 31st. Register for this separately from October 30th zoom which is recommended if you plan to participate in this walk. The walk, which will focus on locations along the route which reflect our history, will take approximately 1.25 hours. The size is limited to six participants, although if there is sufficient interest, Mike will offer a second walk on another date. Due to limited size, this is offered to SV Members and Volunteers only.

WHEN: October 31st, 10:30am-11:45am

RSVP: <https://sausalito.helpfulvillage.com/events/4051>

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Barbie Movie songfest - over 5 hours of music



We can deduce the following:

- Carol's favorite fruit is apples, so Carol likes apples.
- Bob's favorite fruit is not bananas, so Bob likes either cherries or apples.
- Alice does not like cherries, so Alice likes either bananas or apples.

Since each friend has a different favorite fruit, the only arrangement that satisfies these conditions is:

- Alice likes bananas.
- Bob likes cherries.

So, to summarize:

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-
- Carol likes apples.
-



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emergency preparedness, archived copies of
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