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Photo by Annie Dorsey "Ending to a PERFECT day"

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)

**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](mailto: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:

- October 28 - [Trip to Stafford Lake](#)
- October 28 - [Ciji Ware Author Event at Books by the Bay 3pm](#)
- October 30 - [Dollar Tree and Grocery Outlet](#)
- October 30 - [Stretch and Strengthen with Rayner](#)
- October 30 - [History of Sausalito through pictures on zoom](#)
- October 31 - [History walk with Mike Moyle](#)
- November 1 - [In Person Tech Training in Sausalito](#)
- November 4 - [NEW Saturday Line Dancing](#)
- November 5 - [Tales of the Trails](#)
- November 6 - [Inaugural Souper Monday Club](#)
- November 7 - Book Review Group (closed)
- November 8 - [Free technology training on zoom](#)

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



## Mike Moyle presents "Sausalito Then and Now" and also a history walk

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

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although there is common interest, make him/her 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>



## 10 Things Medicare does not cover

Excerpted from AARP.com

### 1. Opticians and eye exams

While original Medicare covers ophthalmologic expenses such as cataract surgery, it doesn't cover routine eye exams, glasses or contact lenses. Nor do any Medigap plans, the supplemental insurance that is available from private insurers to augment Medicare coverage. Some Medicare Advantage plans cover routine vision care and glasses.

**Solution:** For some people, it makes sense to buy a vision insurance policy for a few hundred dollars a year to defray the cost of glasses or contact lenses.

### 2. Hearing aids



**Solution:** If you are in a Medicare Advantage plan, check your policy to see if it covers hearing-related needs. If it doesn't, or if you have original Medicare, consider buying insurance or a membership in a discount plan that helps cover the cost of such hearing devices. Also, some programs help people with lower incomes get needed hearing support. Or you can pay as you go. Congress passed legislation in 2017 that allows some hearing aids to be sold over the counter without a prescription. Medicare beneficiaries with mild to moderate hearing loss can now buy hearing aids at drugstores and other retail outlets without a prescription.

### 3. Dental work

Original Medicare and Medigap policies do not cover dental care such as routine checkups or big-ticket items, including dentures and root canals.

**Solution:** If your MA plan doesn't include dental or you are enrolled in original Medicare, consider buying an individual dental insurance plan or a dental discount plan.

### 4. Overseas care

Original Medicare and most Medicare Advantage plans offer virtually no coverage for medical costs incurred outside the U.S.

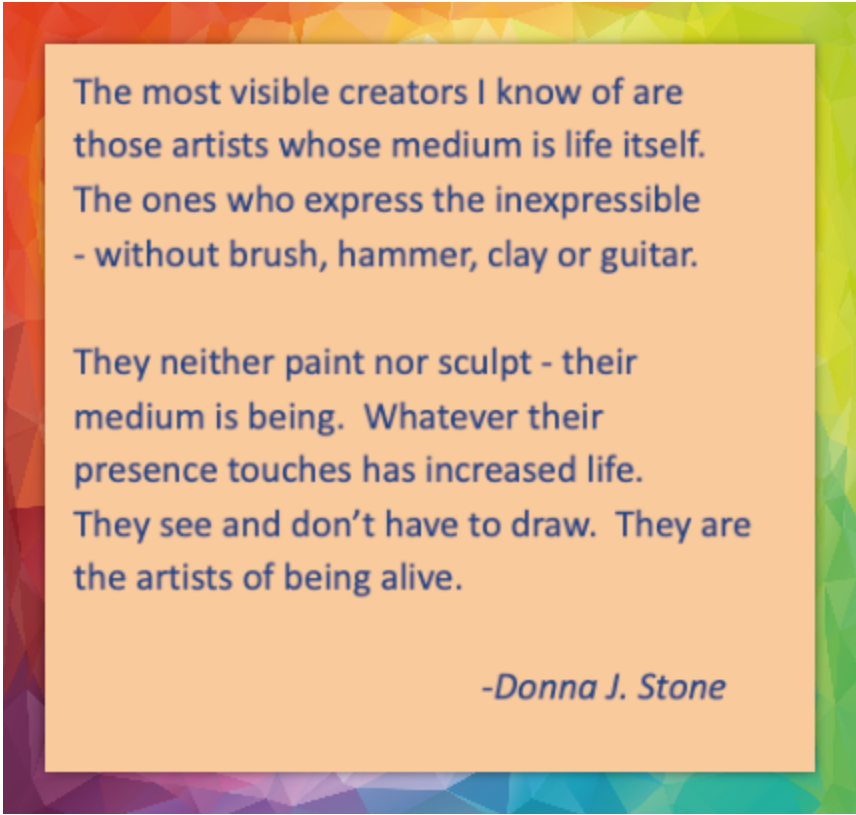
**Solution:** Some Medigap policies cover certain overseas medical costs. If you travel frequently, you might want such an option. In addition, some travel insurance policies provide basic health care coverage — so check the fine print. Finally, consider medical evacuation (aka medevac) insurance for your adventures abroad. It's a low-cost policy that will transport you to a nearby medical facility or back home to the U.S. in case of emergency.

### 5. Podiatry

Routine medical care for feet, such as callus removal, is not covered. Medicare Part B does cover foot exams or treatment if it is related to nerve damage because of diabetes, or care for foot injuries or ailments, such as hammertoe, bunion deformities and heel spurs.

**Solution:** If you face these costs, you may want to set up a separate savings program for them.

Read the rest of the article [HERE](#)

[Subscribe](#)[Past Issues](#)[Translate ▼](#)The quote is presented on a light orange rectangular background. This background is set against a larger, vibrant geometric pattern composed of many small triangles in shades of red, orange, yellow, green, and blue. The text is in a dark blue, sans-serif font.

The most visible creators I know of are  
those artists whose medium is life itself.  
The ones who express the inexpressible  
- without brush, hammer, clay or guitar.

They neither paint nor sculpt - their  
medium is being. Whatever their  
presence touches has increased life.  
They see and don't have to draw. They are  
the artists of being alive.

*-Donna J. Stone*

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## Free Technology Training for Older Adults Group Session In Person and On Zoom

### Session 3: Safety

**Stay safe on technology and avoid scams.  
Session will include time for basic  
technology questions.**

November 1st at the Edgewater Room,  
Sausalito City Hall, 429 Litho Street  
2:00 to 4:00

Register Here:

<https://sausalito.helpfulvillage.com/events/4075>

November 8th

On Zoom

4:00 to 5:30

Register Here:

<https://sausalito.helpfulvillage.com/events/4076>

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](mailto:sausalitovillageconcierge@gmail.com)

**Presented by  
Sausalito and Marin Villages**

## Free Technology Training for Older Adults

The Sausalito and Marin Villages are providing free technology training for older adults. The third of the three part series will cover "Safety," including how to stay safe on technology and avoid scams. Session will include time for basic technology questions.

There will be forty-five minutes of training followed by questions and answer. This is an opportunity to become comfortable with your computer, phone or tablet and have your questions answered. These trainings are free and open to anyone in Marin County 60 years+.

To register for the second session "Safety" please click the link below.

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Wednesday, November 1st from 2:00 to 4:00 at the Edgewater Room in Sausalito City Hall. Click here to register: <https://sausalito.helpfulvillage.com/events/4075>

### **Zoom Session:**

Wednesday, November 8th from 4:00 to 5:30 on Zoom. Click here to register: <https://sausalito.helpfulvillage.com/events/4076>

You must be registered and over 60 to attend. Please spread the word to your friends.

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## **What does a faint line on a covid test mean?**

Excerpted from MSN.com



Yes, the experts say.

It's not a super-sensitive test, meaning you've got to have a good amount of virus there just to get the home antigen test to work at all. Keep in mind that any line early in the infectious process implies that somebody is very contagious.

But that doesn't mean it's always easy to read. Sometimes it's not quite a line; it can be like a fuzz, Mathers says. But if you see a line there, it's there.

It can also help to take in the context of what's going on around you. If COVID-19 transmission levels are high in your area, if you know you were exposed to someone with the infection or if you have noticeable symptoms, those are all good reasons to interpret a maybe-positive as a definitely-positive.

In order to confirm the result, the FDA recommends taking another rapid test 48 hours later. If you have symptoms that could be COVID-19 or you know you were exposed to COVID-19 recently, the FDA recommends taking yet another test 48 hours later.

If there's any confusion throughout the process, you can also skip the repeated rapid tests and go straight to your doctor or get a PCR test, the FDA says. However, the CDC notes that people who've had COVID-19 may continue to test positive on PCR tests for up to 90 days, so it may be difficult to use a PCR test to diagnose a new coronavirus infection.

It is possible to have a COVID rebound after testing negative. This occurs when someone seemingly recovers from a COVID-19 infection, tests negative and then tests positive again just a few days later. It can happen with or without taking antiviral medications, such as Paxlovid.

If you get a rebound positive result, you may or may not have symptoms, and it's not clear how contagious people are in the rebound phase. But it's best to err on the side of caution by distancing yourself when possible and wearing a mask when you're around others.

The only situation in which you wouldn't assume that a faint line on a rapid test is positive is if it turned positive after the allotted testing period. If you just left the test for two hours, you can have some false

Also, keep an eye on the expiration date on the rapid tests you're using. If you use a home test after its expiration date, you may not get accurate results. The FDA has information about the shelf life and expiration dates — including some that have been extended by several months — for all of the home tests that it has authorized.

### **Does it matter if the line on your COVID-19 test is super dark?**

In theory, the more viral proteins that are there, the darker the line would be. And, from there, you might conclude that you're more or less contagious or that you might have a milder or more severe infection depending on how dark or faint your line is.

But the experts agree that these tests weren't really designed to measure any of that. "These antigen tests are ... not designed to give you an estimate of, 'Is there a lot of virus or is there a little virus?'" Volk says.

They're really just meant to be read as a binary: positive or negative.



## **NEW EVENT - Souper Monday Club**

YOU are invited! RSVP to reserve your spot

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answer! We are starting a new monthly program on the first Monday of every month called Souper Monday Club.

The idea is simple, having a hearty and healthy soup while meeting up with old friends or making new ones. The tables will be set with fabric tablecloths, ceramic bowls/plates and real silverware.

Different restaurants will be donating a hearty soup and bread each month starting with **Barrel House in November** - they won the best soup prize in the 2023 Souper Bowl. Herbal tea, water and light dessert will also be served.

No charge, donations accepted. Open to all. Reservations required.

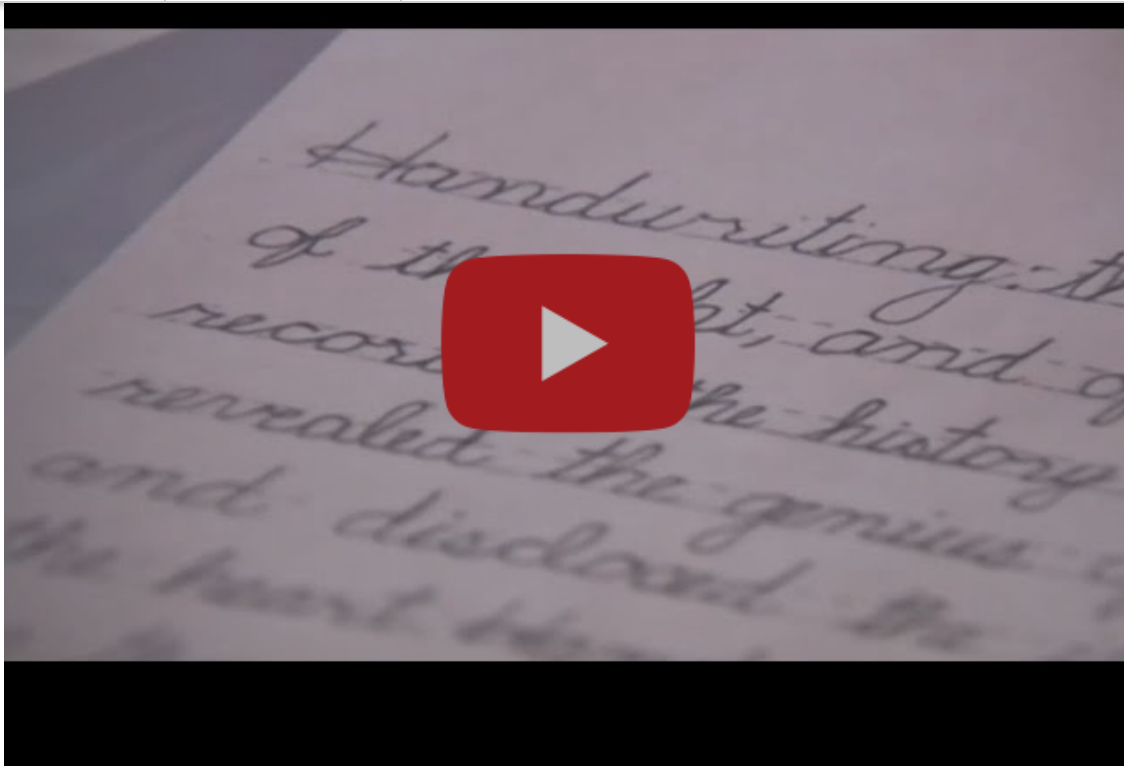
**WHEN:** Monday, November 6, 11:30am-1:00pm

**WHERE:** Campbell Hall, 75 Santa Rosa

**RSVP:** <https://sausalito.helpfulvillage.com/events/4084>

Trouble registering? Email [SausalitoVillageRSVP@gmail.com](mailto:SausalitoVillageRSVP@gmail.com)

Need a ride? Call CARSS for door to door ride at 415-944-5474 by Friday, November 3rd

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Cursive writing will be back in California schools



**A simple checklist to plan for your old age, now**



“We tend to think of aging as something sad that old people do, when in fact we are aging from the minute we are born,” says Ashton Applewhite, author of the book [\*This Chair Rocks: A Manifesto Against Ageism\*](#).

As a result, many of us don’t prepare for the realities of getting old: Less than half of American adults have a will, and many underestimate both the cost of long-term care and the likelihood that they’ll need it. About seven in 10 people need care at some point as they age, and that care is expensive: \$50,000 a year for a full-time home health aide, or \$93,000 for a semi-private room in a nursing home. Moreover, falling birth rates mean that, in the years to come, America’s elderly will have fewer family members than ever to help them, making advance planning all the more important.

Below are a few steps you can take whether you’re 25 or 95 to make it more likely that you can grow old the way you want to. You don’t have to have all of these items in place right away, but getting started can give you peace of mind about the future and make life easier for you and your loved ones later on. “Aging is living,” Applewhite says; the sooner we embrace that, the better off we’ll be.

### **Talk to your loved ones**

Frank conversations are especially important if you think you might need or want your loved ones to help with your long-term care — a likely scenario, given that the majority of elder care is provided by family members. Sometimes people worry that they will be a burden on their family members by asking for help, says Regina Koepp, a clinical geropsychologist and the founder of the Center for Mental Health & Aging. But “if you get your care needs met in a timely fashion and well enough,” she says, “it actually reduces more care needs down the road” because chronic conditions can become worse if they’re not properly treated.

### **Set up advance directives**

Advance directives are legal documents that allow you to set forth your wishes in case you become incapacitated. The following four types are

- **A power of attorney** allows you to name someone else, such as a family member or friend, to handle your legal and financial affairs if you become incapacitated. You can give that person as much or as little authority as you want — for example, you could grant them the ability to do a specific task, like selling your home. However, Einhart suggests that you make the power of attorney as broad as possible to cover any circumstances that might come up, and choose someone you trust. A power of attorney should also be updated regularly because banks and brokerage firms won't necessarily recognize the document's validity if it's several decades old. "You want the latest and the greatest," Einhart says.
- **A health care proxy** allows you to name someone to make medical decisions on your behalf if you can no longer do so. That person should be acting on your wishes, Einhart said, so it's important to talk beforehand about any health care decisions you feel strongly about, including your preferences around palliative and end-of-life care. It's important to choose someone who has "the time, energy, and the wherewithal to handle the job" in the event it's necessary, Einhart says.
- **A HIPAA authorization** allows someone else to access your medical records. This document can be helpful if a family member or another trusted person needs to handle your medical care or deal with your health insurance, Einhart says.
- **A living will** spells out your wishes around the end of your life, including whether or not you want to be on life support, and what treatments you want or don't want in an emergency situation if you can't communicate. Uncomfortable as it may be, it's helpful to consider the different circumstances under which someone might have to consult your living will. The way we view medical decisions might change depending on the context and depending on how much and what quality of life we might expect.

## Make a will

Unlike a living will, a last will and testament (often simply called [a will](#)) spells out what you want to happen to your assets after you die. State laws typically establish defaults for how property is distributed after

What, Linie says, and a little credit for making sure these are honored.

### **Make a financial plan for long-term care**

Medicare doesn't pay for most long-term care, and Medicaid only covers such care once you've exhausted all your assets. That means that most people who need assistance as they age will have to pay for at least some of it out of pocket.

Buying long-term care insurance is one option, but it can be very expensive; some states have established or are looking to start public programs to lower the cost. You can also contact your local area agency on aging, a county-level organization that can help you determine what types of assistance you might qualify for. Your primary care doctor, if you have one, may also be able to put you in touch with a social worker who can help.

Read the entire article [HERE](#)



### **Line Dancing moved to Saturdays, 4-5pm**

WHEN: Saturday, November 4th and 25th, 4-5pm

WHERE: Dance Studio in Sausalito City Hall

**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

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

Laurie Reemsnyder is your wonderful teacher who will guide you through the dances. We'll do mostly beginning and one wall dances at least the first few workshops, but adjust based on who is coming.

Music is old school, contemporary, disco, jazz, R&B, and a little Latin.

Open to all, geared to seniors.

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

IMPORTANT: If you are new and want to meet with Laurie ahead of class to go over basic moves, email her: [phototeacher94@gmail.com](mailto:phototeacher94@gmail.com) several days before

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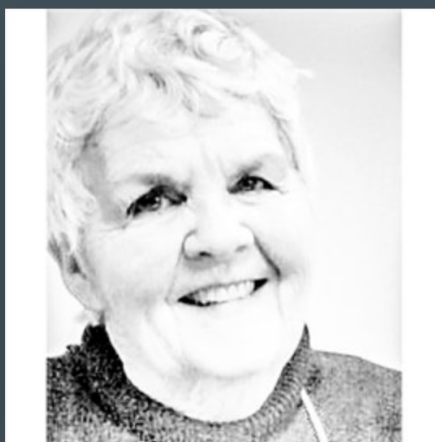
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# Sybil Marie HICKS

**MY OBITUARY  
WENT VIRAL!**



## Sybil HICKS' hilarious obituary goes viral

**HICKS, Sybil Marie (nee Lyons)** It hurts me to admit it... but I, Mrs. Ron Hicks from Baysville, have passed away. I passed peacefully with my eldest daughter, Brenda, by my side February 2, 2019 at 8:20 a.m. I leave behind my loving husband, Ron Hicks, whom I often affectionately referred to as a "'Horse's Ass'".

I also left behind my children whom I tolerated over the years; Bob (with Carol) my oldest son and also my favourite. Brian (with Ginette) who was the Oreo cookie favourite, Brenda AKA "'Hazel'" who would run to clean the bathrooms when she heard company was coming. Barbara (with Gordon) the ever Miss Perfect and finally Baby Bruce who wouldn't eat homemade turkey soup because he didn't want to be alert looking for bones while he ate.

I will miss seeing my sweetest grandchildren; Caitlin, Megan, Joel, Issac, Mason, Rachel, Annie, Emma, Harrison, Clark, Choe, Orion, Griffin ...grow up to be the incredible people they are meant to be.

I graduated from Waterdown High School with honors while wearing my shiny bright saddle shoes. I later graduated from Hamilton General Hospital School Nursing class of 1957B - Best Class EVER! In 1972 Ron and I loaded the car with the 5- B's and headed north to run a school bus company for over 20 years in Baysville, Ontario. I was an active horticulturalist, a member of the Eastern Star and a member of the Lion's Club in Baysville.

I finally have the smoking hot body I have always wanted... having been cremated. Please come say goodbye and celebrate my wonderful life with my husband and his special friend Dorothy who is now lovingly taking care of my horse's ass.

For those of you who are wondering who assisted me in writing this... it wasn't my husband, it wasn't my oldest, nor was it my youngest... Thank you all for sharing my life with me. I am off to swim to the buoy



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**A DAY IN THE PARK**

SPONSORED BY THE  
SAUSALITO FLOATING HOMES ASSOCIATION

**SAVE THE DATE**

**SUNDAY, OCTOBER 29**  
**NOON - 5**  
VAN DAMME PARK

**FUN • FOOD • MUSIC • ART • MAGIC**

**FEATURING:**

- TALENTED LOCAL MUSICIANS AND ARTISTS
- FOOD BY DAVEY JONES
- SILENT AUCTION
- BAKING COMPETITION & BAKE SALE
- BUBBLES & PUMPKIN CARVING FOR KIDS
- PET PARADE & COSTUME CONTEST
- SHOPPING CARTS RELAY RACE
- EMERGENCY PREPAREDNESS
- INFORMATION & ADVICE FOR HOUSEBOAT LIVING

**... AND MORE EVENT INFO COMING SOON!**

**CALLING ARTISTS & AUTHORS!**  
IF YOU'D LIKE TO SHOW AND SELL YOUR WORK  
CONTACT CANDICE GOLD AT [C.GOLDS@ICLOUD.COM](mailto:C.GOLDS@ICLOUD.COM)

**VOLUNTEERS NEEDED**  
CONTACT PETE HUDSON  
[PHUDSON94965@GMAIL.COM](mailto:PHUDSON94965@GMAIL.COM)

**WANT TO BE A SPONSOR? →**



## **THIS SUNDAY! Join the Floating Homes Association**

**Gabe will also be there to refill fire extinguishers for \$25 or purchase a new refillable extinguisher for \$65.**



## **Coit Tower turned 90 this month**

Excerpted from CultureTrip.com

In 1858, Lillie Hitchcock Coit became the mascot for San Francisco firefighters at the young age of 15. After witnessing Knickerbocker Engine Co. No. 5, a private fire department, respond to a fire call on Telegraph Hill while understaffed, she dropped her books to assist them to the source of the fire.

Coit would continue to break traditions for the rest of her life: smoking cigars, wearing trousers, and gambling in the middle of the 19th century, long before it was socially acceptable for women to do so. But



in engines. Today, one is the mother saint of the San Francisco firefighters.

One-third of Coit's remaining fortune was 'to be expended in an appropriate manner for the purpose of adding to the beauty of the city which I have always loved.' While a portion of that fortune was spent creating a Washington Square Park sculpture of three firemen, one carrying a woman in his arms, the majority of the funds created the Coit Tower.

Coit Tower, after five years of construction, was completed on October 8, 1933. An additional \$7,000 in city funds was given to complete the design of Arthur Brown, Jr., who was also the architect of San Francisco's City Hall. The tower is a slender, white concrete column that rises 210 feet (64 m) high from the top of Telegraph Hill. Visitors can purchase tickets in the gift shop to ride to the top of the tower, which provides 360-degree views of the city and bay, including the Golden Gate and Bay bridges. Other views include those of crooked, winding Lombard Street, Nob Hill, Twin Peaks, Pier 39, and the Financial District.

Coit Tower is covered in murals, created by 27 different on-site artists and many assistants. The project, entitled the Public Works Art Project, was the first of Franklin D. Roosevelt's New Deal programs that hired artists. Their works depicted various political ideologies, including racial equality and leftist, Marxist ideals. For example, [Bernard Zakheim](#)'s mural 'Library' portrays fellow artist John Langley Howard crushing a newspaper in his hand as he stretches for a copy of Karl Marx's *Das Kapital*. However, some of the most contentious pieces were painted over after the longshoremen's strike of 1934, when a conversation about the radical work became heated. Almost all of the murals are open to the public for free during day hours, although there is a stretch of murals in the spiral stairway that is only open to scheduled tours.

A banner with a dark blue background and a white border. The text "FRIDAY PUZZLE" is written in white, bold, uppercase letters. Below the text is a white horizontal line. The banner is set against a background of colorful, low-poly geometric shapes in shades of orange, purple, blue, and green.

## FRIDAY PUZZLE

### **NBA trivia (you don't need to know basketball)**

The NBA regular season started this week, and have you noticed some of the team names seem a little...off? It's not like Utah is known for its jazz.

That's because teams moved cities but did not change their names. In today's quiz, we'll give you an NBA team whose moniker doesn't make a whole lot of sense, and you have to name the city that the team moved from.

1. Might as well start with the Utah Jazz
2. Memphis Grizzlies
3. Los Angeles Lakers
4. Sacramento Kings
5. Los Angeles Clippers

**Find the answer at the bottom of the newsletter.**

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# Milagros & Memories



## Celebration of Día de los Muertos

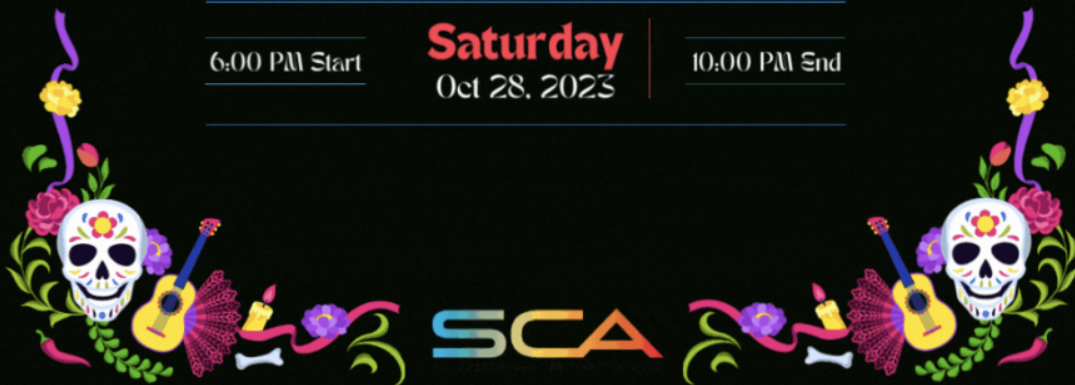
A Benefit Fundraiser For The Sausalito Center For The Arts

Music 🏺 Food 🏺 Drink 🏺 Art

6:00 PM Start

**Saturday**  
Oct 28, 2023

10:00 PM End



SCA

**Get your tickets and join the fun! \$125**

<https://www.eventbrite.com/e/milagros-memories-tickets-704946342487?aff=oddttdcreator>



## Why Do Humans Care?

Excerpted from NiceNews.com

The late Fred Rogers, star and host of the long-running television series *Mister Rogers' Neighborhood*, once gave a touching endorsement of the importance of caring. "When I was a boy and I would see scary things in the news, my mother would say to me, 'Look for the helpers. You will always find people who are helping,'" he shared. "To this day, especially in times of 'disaster,' I remember my mother's words and I am always comforted by realizing that there are still so many helpers — so many caring people in this world."

According to the Cambridge Dictionary, care is defined as "the process of protecting someone or something and providing what that person or thing needs."

But why do we care? In a piece in *The New York Times* entitled "We May Be Born With An Urge to Help," Michael Tomasello, a developmental psychologist, suggests that helping is "a natural inclination, not something imposed by parents or culture." Similarly, Frans de Waal, a primatologist, says, "We're preprogrammed to reach

Words like “empathy,” “compassion,” and “altruism” are often used as synonyms for care, but there are important differences between the terms.

At its essence, empathy is about feeling into another person’s emotional state, whether that is grief, anger, elation, or something else — acting as a sort of “mirror system,” per *Psychology Today*.

Compassion is described by scientists as “sensitivity to the suffering of another, coupled with a desire to alleviate their suffering” and possibly to do something about that suffering.

Altruism and altruistic behavior, on the other hand, do not necessarily stem from compassion — altruism can be motivated by “a need to feel good about oneself, a desire for social recognition, or to satisfy a sense of duty or obligation,” the website explains.

Scientific research on resilience has established that having a sense of purpose in life and providing support to others is good for us.

There’s even a phenomenon known as “helper’s high,” in which altruism leads to the release of feel-good chemicals and an activation of the part of the brain that is stimulated by pleasure. But there’s a measurable physical component to helping others as well.

Volunteering for a charitable organization or cause, for instance, has been shown to lower cortisol levels, *The New York Times* reports.

In a similar vein, providing emotional support can also bring clarity for yourself.

“One of the best things you can do is call someone else facing a similar problem and talk them through it,” author and psychologist Adam Grant told the outlet. “When you talk other people through their problems, you come up with wiser perspectives and solutions for yourself.”



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## Why do our bodies age? TED Talk by Monica Menesini



## What Is Lymphatic Drainage Massage, and Do You Need It?

Excerpted from LiveStrong.com



In a nutshell: The lymphatic system is part of your immune system, with a network of lymph vessels, nodes and ducts that help filter waste out of your body.

Waste (like fats, proteins, salts, glucose, minerals and bacteria) is moved through your lymph vessels in a fluid called — you guessed it — lymph.

Lymph is then dropped off at lymph nodes (small, bean-shaped structures located all over the body, but usually checked by a doctor in the neck, armpits and groin) throughout your body, where it's filtered to separate waste.

Eventually, waste is pushed to the kidneys or liver through the blood. Then, it's urinated or pushed out through stool.

Problem is, if your lymphatic system has been weakened — due to lymph node removal after cancer surgery, or damaged lymph vessels from chemotherapy or radiation, for example — fluid can build up in certain areas of the body, causing swelling and pain.

Lymphatic drainage massage is a medical technique used to move waste products out of the lymphatic system and body that can't filter out on their own. This technique is also called manual lymphatic massage. During this massage, a physical therapist performs a skin stretching technique that targets the lymph vessels, which moves fluid to lymph nodes that are still functioning (i.e., able to filter out waste).

This differs from a regular massage because there has to be a proper balance of pressure so vessels don't collapse but skin is still stretched.

Conditions that can benefit from lymphatic drainage massage include:

Lymphedema, Rheumatoid Arthritis, Chronic Venous Insufficiency and Fibromyalgia.

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BOOKS  
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# Author Event

LITERACY  
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100 Bay Street, Sausalito, CA 94965 • 415.887.9967 • sausalitobooksbythebay.com • literacybythebay.org

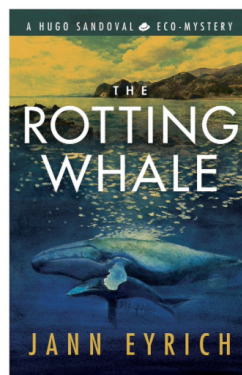
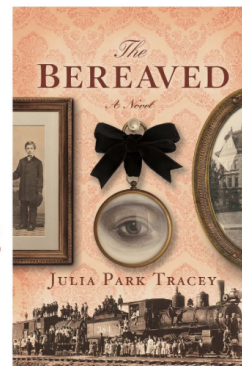


Wednesday  
**October 25th**  
6 PM

## Sibylline Press Celebration

Authors  
**Julia Park Tracey**  
(*The Bereaved*)  
&  
**Jann Eyrich**  
(*The Rotting Whale*)

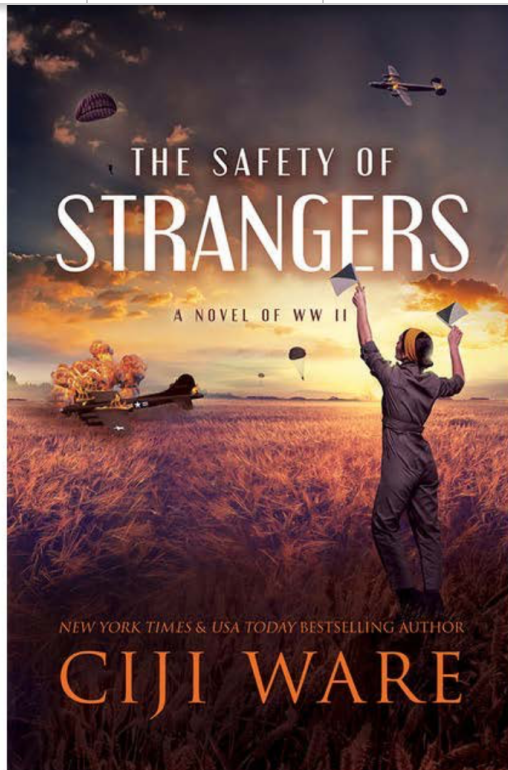
with  
Publisher  
**Vicky DeArmon**



### WOMEN WRITERS OVER 50 FIND NEW ADVOCATE

Sibylline Press was recently formed to publish the brilliant work of women writers over 50 who are too often overlooked by the publishing industry. The tide is already changing as older women authors are having break-through books published.

**Join us as we celebrate older women's voices!**

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The third romantic thriller in this Sausalito author's American Spy Sisters series is another tour de force of historical fiction. A thoroughly researched and eloquently told tale of a little known but important contribution women made to the allied war effort in World War II Europe.

Saturday  
**October 28th**  
3 PM

**BOOK LAUNCH  
CELEBRATION!**

for  
Ciji Ware  
**The Safety of  
Strangers**

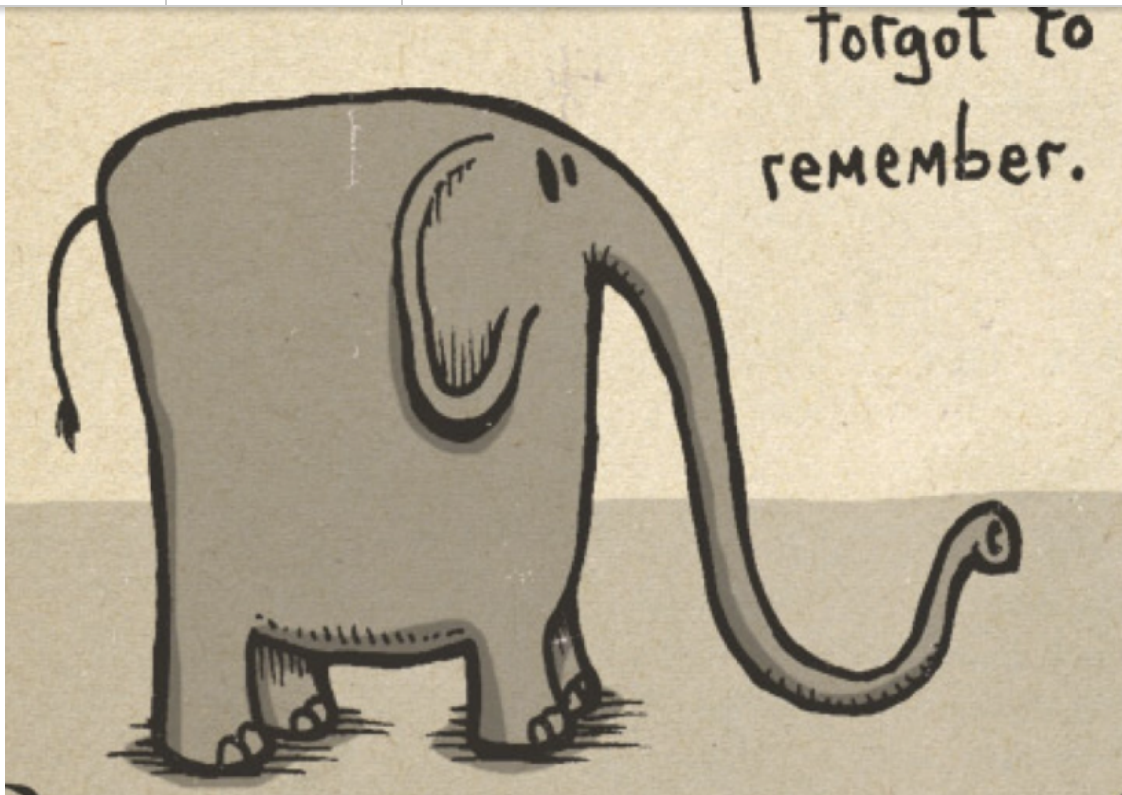
in conversation with  
Cheryl Popp



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**Stretch and Strengthen with Rayner. If you watch this video, please let us know! This class is now co-sponsored with Parks and Rec and they would like to track if people are watching. Please contact Sharon at [Sharon126@aol.com](mailto:Sharon126@aol.com). Thank you!**





## Tired of Forgetting Stuff? Science Says 3 Habits Will Greatly Improve Your Memory and Keep You Mentally Sharp

Excerpted from INC.com

### Eat more chocolate

A [fascinating study conducted in 2017](#) explored the cognitive benefits of consuming cocoa flavonoids, a natural compound found in cocoa and chocolate. The findings of this study revealed a significant connection between regular cocoa intake and improved cognitive performance. Participants who incorporated cocoa into their routine experienced enhanced memory, increased attention span, and improved executive function compared with those in the placebo group. These remarkable improvements can be attributed to the neuroprotective and neuroplasticity-enhancing effects of flavonoids, which are known to promote healthy brain function.

Interestingly, the study also suggested that cocoa may have a positive impact on mood and subjective well-being. Participants reported feeling more alert

## Engage in mentally stimulating activities

In a 2006 study, researchers investigated how maintaining a healthy brain can lower the risk of developing dementia. The research team found that key factors associated with improved memory included engaging in mentally stimulating activities such as jigsaw puzzles, crosswords, chess, and other problem-solving and memory games.

Fascinating research published in the [\*Journal of the International Neuropsychological Society\*](#) suggests a noteworthy correlation between completing crossword puzzles and a delayed onset of accelerated memory decline. This finding holds particular significance for leaders and entrepreneurs who are constantly seeking ways to optimize their cognitive abilities and maintain mental acuity.

Crossword puzzles and other brainy leisure activities go beyond mere entertainment -- they can yield enduring advantages. One study conducted in 2014 revealed that these brain exercises significantly contributed to the preservation of cognitive reasoning skills and processing speed among older adults even a decade after the conclusion of the research period. By incorporating these activities into your routine, you can not only have a great time but also enjoy long-lasting cognitive benefits well into your golden years.

## Take a multivitamin

A recent study published in [\*The American Journal of Clinical Nutrition\*](#) suggests that taking a daily multivitamin might actually boost your memory.

The study looked at data from more than 3,500 older adults, all aged 60 and above. The participants were randomly divided into two groups: one received a daily multivitamin supplement, while the other group received a placebo. Over the course of three years, the participants took online memory tests every year. What's interesting is that neither the participants nor the researchers knew which group participants were in.

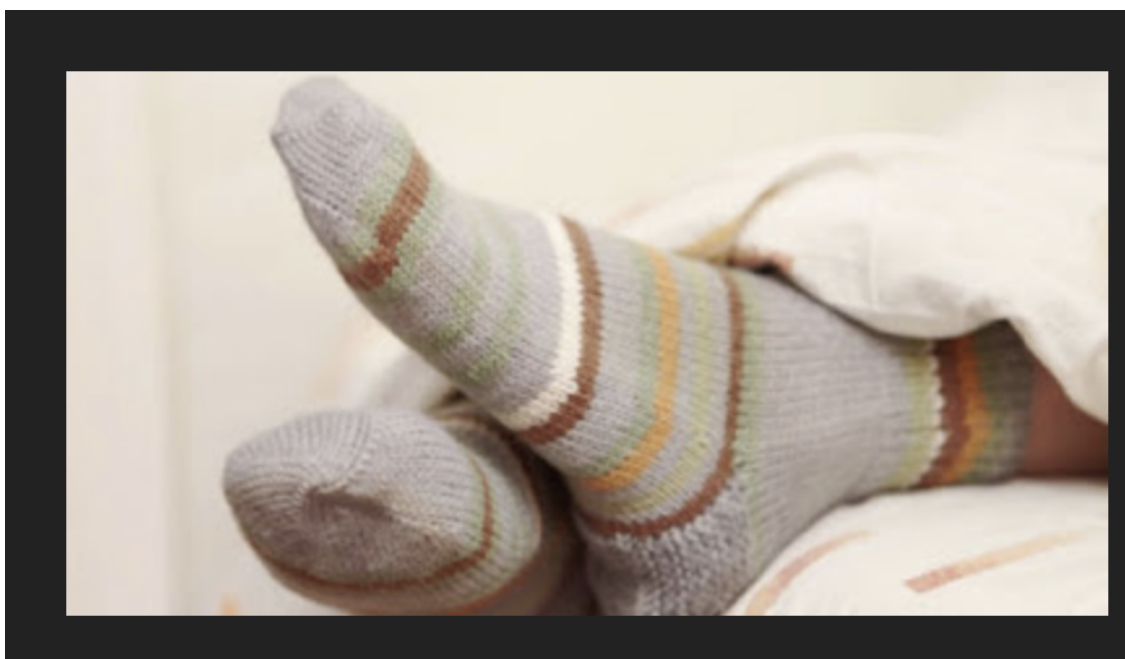
After just one year, the group taking the multivitamin had significantly better scores on a memory test that measured immediate recall compared with the placebo group. And this improvement in memory continued throughout the three-year study.

So, if you're looking to boost your memory and ensure you're getting all the nutrients you need, adding a multivitamin to your routine might be worth



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## 20 unusual homes around the world



## The Unbelievably Disgusting Reason Why You Should Never Wear Socks in Bed

It turns out socks in bed isn't just offensive to those of us with texture issues. Apparently, the socks lots of people wear in bed are dirty as a doormat—literally. That's right, your socks are another reason your bed could be making you sick. They get the grossest germs—including fecal matter—on your sheets. And those germs are accumulating there, night after night, along with disgusting things like dust mites. *Shudder.*

MattressNextDay is a British company that does in-house studies. Most recently, they took samples from the socks seven people wore from morning till night and found that they were even dirtier than a notoriously germey television remote control, which they also swabbed and tested. In fact, the dirty sock samples looked exactly the same as ones they took from a doormat—down to the disgusting fact that about half had bacteria called *Pseudomonas aeruginosa* on them. In case you're not familiar with that one, it's something cockroaches and their bacteria spread.

To connect sock-wearing with bedtime hygiene, the company then polled 1,000 adults and found that of the 18 percent who admitted wearing socks in bed, only 30 percent put on a fresh pair at night. That means the rest are sliding the socks that got sweaty in their shoes all day, stepped on the locker room floor, and gathered dirt, pet dander, crumbs, and whatever else all over the house right into their "clean" sheets. The bottom line? Up to 30.5 million Americans could be wearing poop socks to bed.

Now, this may not be a gold standard clinical trial, but it's also not the first study to find the stomach-turning germs on floors. A [2007 study](#) from the Global Hygiene Council found that the kitchen floor in front of the sink was the tenth germiest place in the whole home—twice as germey as the toilet seat and about 12 times as germey as the remote control. For a [2017 study](#), researchers surveyed five hospitals in the Cleveland area and found the floors were "often contaminated with health care-associated pathogens" and that "contact with objects on floors frequently resulted in transfer of pathogens to hands."

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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



**Marin Transit wants to hear from riders**



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## Complete a brief survey about your Marin Transit fare payment preferences and travel habits and enter to win \$50 in transit fare.

Marin Transit is currently studying its fare collection system and is seeking input from riders. Next year, big upgrades are coming to the Clipper system. Also, the cash boxes Marin Transit currently use are going out of production.

Marin Transit wants to engage with riders to ensure the future of fare collection at Marin Transit meets both riders' and Marin Transit's needs.

**The survey closes on TODAY! October 27.**

For more information or assistance, call (415) 226-0855.

[Take the Survey Now!](#)

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Take a tour of the coolest neighborhoods in the world



## Sign up Now! New Tai Chi for Arthritis and Fall Prevention online Fall Classes\*\*

Registration is now open through Sausalito Parks and Recreation Adult Classes Portal. These two Classes are on Zoom. All classes are led by Certified Tai Chi for Health Instructors from Age Friendly Sausalito and Dominican University.

Register: [Sausalito.gov/adultclasses](https://sausalito.gov/adultclasses) and click "Fitness-full Series", then "Tai Chi" and scroll down to class listing.

Free and open to Older Adults of all abilities in Marin County

### TAI CHI FOR ARTHRITIS AND FALL PREVENTION.

Basic Class for beginning and continuing participants starts on November 7th. Each class is taught over 16 sessions, meeting two times per week for one hour on Zoom. This evidence-based Sun Style Tai Chi form is fun to learn and easy to do and promotes better balance and good health.

Tuesdays and Thursdays beginning November 7 – Jan 11, meets 10:00 to 11:00 am ( no classes Thanksgiving and Christmas week)

This Continuing and Intermediate Class is for participants who have completed the Tai Chi for Arthritis basic class. It builds on the Basic Form adding slightly more complex forms and deepening the Tai Chi Principles for balance and strength. The class is taught over 16 sessions, meeting two times per week for one hour on Zoom. Tuesdays and Thursdays beginning November 7 to January 11 , meets 2 X per week from 11:30 am to 12:30 pm

**Need Assistance in Registering? Call Sausalito Parks & Recreation (415) 289-4152**

**For Questions about the Tai Chi Classes call (415) 331-1393 or email: [agefriendlysausalito@gmail.com](mailto:agefriendlysausalito@gmail.com)**



**Microwave hack that will ripen your avocado in a flash**



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Excerpted from TastingTable.com

Just keep in mind that although this hack is a quick way to a tender avocado, it will cost you a little to cut corners. Microwaving the fruits may cause them to lose a little of the buttery flavor and consistency we're used to. And as is common when nuking food, the texture may be a little inconsistent, with some parts ending up softer than others. If you're mashing up your avocados to add to guac or toast, however, it shouldn't be an issue.

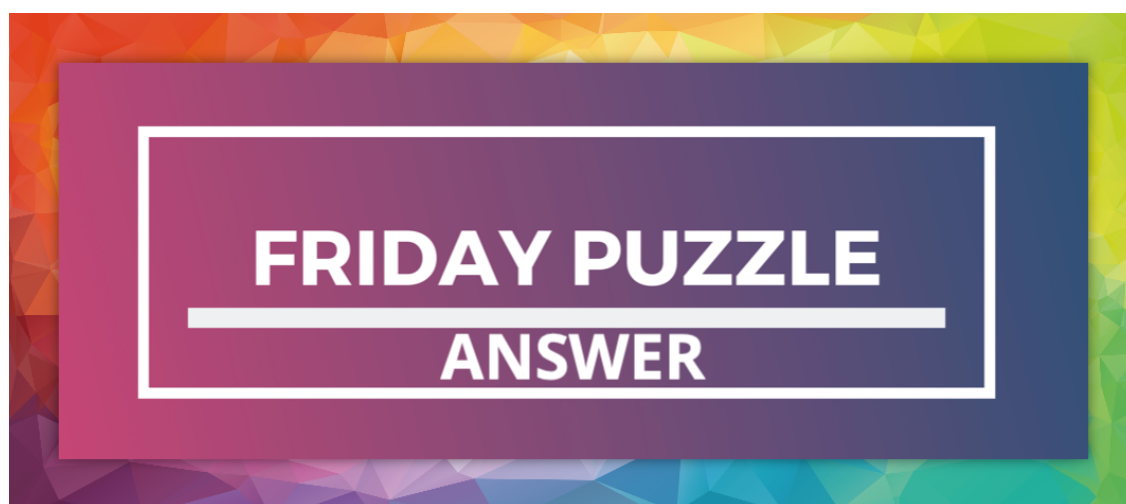
Start by cutting your avocado in half and [throwing](#) away the pit — but don't peel the halves just yet. Wrap them in microwave-safe plastic wrap and nuke them for 30-second intervals, checking in between to see if they have achieved the desired level of softness. If they are nearing the consistency you're looking for, you can adjust this process slightly by microwaving for only 15 seconds at the next interval to avoid an overly mushy fruit. Don't be alarmed if your kitchen starts to smell like cooked avocado — an unavoidable but harmless result of this method.

When your nice, soft fruit emerges from the microwave, you can unwrap the halves, peel them, and begin using them immediately. However, they'll be pretty hot to the touch and may even continue cooking once out in the open. To cool them down, place your avocado halves in the fridge for a few minutes before peeling — or, if you don't want to wait, run them under cold water before removing the plastic wrap. You may not end up with naturally ripened fruit, but you will get soft avocado flesh in a flash.

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2 hours of Big Band music from the 30s and 40s



1. New Orleans
2. Vancouver
3. Minneapolis. Get it? Cuz there are so many lakes in Minnesota.
4. Kansas City. This team was called the Royals, but when they moved to Kansas City (from Cincinnati), they changed the name to Kings to avoid confusion with the city's Royals baseball team.
5. San Diego. The San Diego Clippers is a reference to the sailing ships in San Diego Bay.

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