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Photo by Patti Embert

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!

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<https://sausalitovillage.org/newsletters/>
[newsletters_month=7&newsletters_year=2023](https://sausalitovillage.org/newsletters/?month=7&newsletters_year=2023)



SV hosted events in the coming 2 weeks:

November 20 - [Let's practice our Apple Watch health features](#)

November 21 - [Safeway and Trader Joes shopping trip](#)

November 21 - Errand Tuesday

November 23 - [Thanksgiving dinner delivered](#)

November 25 - [Saturday Line Dancing](#)

November 27 - [Stretch and Strengthen with Rayner](#)

November 27 - [Trip to Good Earth and Walgreens](#)

November 27 - [City Manager's journey to Sausalito](#)

November 28 - Errand Tuesday

November 28 - [Afternoon Book Review Group](#)

November 29 - [Film Group](#)

December 18 - RSVP for [Holiday Sing Along and Party](#)

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



Learn about the health features on your Apple Watch and more

WHEN: Monday, November 20th, 11am-12:30pm

WHERE: Edgewater Room, downstairs in City Hall

RSVP: <https://sausalito.helpfulvillage.com/events/4119-learn-to-use-the-apple-watch-health-features>

This peer training is open to all, geared to seniors and free of charge. Registration required.

Come learn about the health and safety benefits of the Apple Watch from SV Advisory Board Member Rosalie Wallace. As an early adopter of the Apple Watch, Rosalie has learned how to make her watch 'work for her'. She is enthusiastic about all it can do and wants to share her knowledge with other seniors who are either thinking of getting one or want to learn more about the one you have.

We will discuss the different features available, as well as the different models available. We will also discuss the device and system



Why are cranberry sauce cans upside down?

Excerpted from TheTakeOut.com

The can is produced “upside down” because the part that looks like the bottom (which, in this case, is the top) contains an air bubble. This allows you to easily break the seal between the cranberry sauce and the can, thus releasing the contents—intact and perfectly can-shaped—onto your plate.

The jellied cylinder that this air bubble helps achieve is signature to the canned cranberry sauce experience, and according to a press release from Ocean Spray, canned is the way to go for a lot of Americans, especially in the South.

“The South is firmly on the side of canned cranberry sauce, with 68% of consumers in the South preferring canned over homemade,” the press release notes. “Other regions are more evenly split – with 57% of the Midwest, 55% of the Northeast, and 54% of the West preferring canned.”

Meanwhile, according to the report commissioned by Ocean Spray, 83% of Americans believe Thanksgiving isn’t Thanksgiving

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...sauce, and I've considered a red may it someone they're asking doesn't prefer the same type of cranberry sauce they do.



A City Manager's public service journey to Sausalito

Chris Zapata in conversation with Pastor Paul Mowry

WHEN: Monday, November 27, 2:00pm - 3:15pm

WHERE: Campbell Hall, 70 Santa Rosa

RSVP: <https://sausalito.helpfulvillage.com/events/4117>

Join Sausalito City Manager, Chris Zapata, in a very open and revealing conversation with Pastor Paul Mowry hosted by Sausalito Village.

Chris will talk candidly about the road that brought him from Anaheim to our small community - **it is quite a story that he was not legally able to discuss until this year.**

Parking is limited, please carpool, walk or call ahead for a door to door CARSS ride at 415-944-5474 by November 25th.



Order your Thanksgiving turkey dinner delivered now!

Open to all seniors in Sausalito

Dinner will be prepared by Mollie Stones and will include:

Turkey and gravy

Stuffing

Potatoes

Vetted volunteers from Sausalito Village and CARSS will deliver the meals between 10:30am and noon to anyone in 94965.

Price is \$25 per meal delivered, tax included. If you are a Sausalito Village member who receives a fee waiver, your meal is \$15.

Register and pay: <https://sausalito.helpfulvillage.com/events/4120>



How to Become More Curious

Excerpted from LifeHacker.com

Curiosity is often discussed as something that's "natural": A trait that some people (and animals) have had since birth. But it's not that simple.

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people more than others, and with some work, it can be improved over time. If you're interested in developing your curiosity—which also happens to be an increasingly sought-after career skill—here are a few ways to do it. Whether or not you consider yourself “naturally” curious, these strategies might help jumpstart that type of thinking:

Figure out what motivates you

Or perhaps a better way of looking at it is to figure out what genuinely excites you, or brings you some level of joy, or even contentment. Is there anything that causes you to completely lose track of time because you find it so interesting? If so, explore it further, and make an effort to learn something new. This, at least in theory, should allow you to experience the feeling of being curious about something, and have a better idea of how you got there.

Ask questions

If you're not in the habit of asking questions as a way of making conversation, it might feel weird or possibly intrusive at first—even if they're not about anything personal. So when the time, place, and subject is appropriate, make an effort to ask someone questions for the purpose of learning more about something. Keep the questions open-ended, and get deeper into a subject by asking “why.”

Go exploring

Being stuck in a routine can leave little room for curiosity. It's easy to allow our brains to switch to auto-pilot, and tune out any new thoughts. Fortunately, there are a few ways around this.

First, you can tune in (instead of out) during part of your routine—like your commute. Maybe instead of listening to a podcast, you pay attention to what you're passing along the way, trying to discover things you've never noticed before. If something new or unfamiliar catches your eye, you might find yourself being curious about what it is, how long it has been there, etc.

Another strategy is to switch things up, and take another route to work, for example. Again, pay attention to your surroundings, and you may come across something that sparks your interest, prompting you to actually *want* to learn more. Once you get used to observing your



4 expert tips to lifelong eye health

Excerpted from CNET.com

Know your risk level

Knowing what things affect your vision and how to identify symptoms is one of the most effective ways to stay on top of your eye health.

If you work a job where you look at a computer screen all day, you're probably already familiar with eye fatigue and strain that sometimes cause temporary blurry vision. Take eye breaks at least every 20 minutes, and consider a pair of blue light-blocking glasses for use while working. If you work outdoors where the sun may damage your eyes or in a facility where things could get into your eyes, make sure to wear the appropriate protective eyewear and respond promptly to any injuries.

And don't forget about your family history. There are more than 350 eye diseases that are considered hereditary. While you can't change your genetics, being aware of them will help you identify symptoms or seek preventive care.

Eye examinations may not be what you look forward to most, but they should rank pretty high on the list of important things to do as you age. Whether you have a family history of vision issues or not, regular eye exams can help you identify issues early before they become something more severe.

The American Academy of Ophthalmology recommends eye examinations at least every year or two after age 65. Age-related eye issues like cataracts, diabetic retinopathy, glaucoma and macular degeneration can be identified early by an ophthalmologist.

Wear proper eyewear

The sun's UV rays can be harmful to the eyes and damage your vision. Excessive UV light has been linked to a higher risk of cataracts or even eyelid cancers, according to the US National Institutes of Health. Wear a proper hat and sunglasses that block at least 99% of UVA and UVB rays.

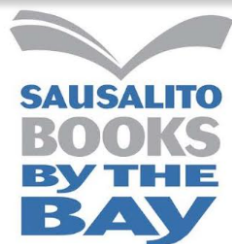
If you wear prescription glasses or contacts, or even a pair of over-the-counter readers, be proactive in updating your eyewear regularly.

Take care of your body

Though external environmental factors certainly play a role, a lot of your eye health comes from the inside out.

A diet full of the best foods for healthy eyes can help deliver your body the nutrients it needs for optimal eye health. That includes things like almonds, broccoli, carrots, eggs, kiwi, leafy greens, salmon and sunflower seeds that are easy to incorporate into meals. A proper diet also encourages healthy blood glucose and body weight, which reduces the risk of diabetes. According to the Centers for Disease Control and Prevention, 90% of diabetes-related blindness is preventable.

If you're a smoker, now is the time to stop. Among the many other diseases smoking is associated with, smoking-related eye conditions are common. Two of the biggest threats are macular degeneration and cataracts.

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BEST BOOKS FOR THE HOLIDAYS!



Books & Gifts for Everyone on
Your List!

Wednesday
December 6th
3 PM

Cheryl Popp Presents
The Best Books
for Holiday Reading &
Gift Giving

Curated exclusively for Sausalito Village

Lite bites & libations!

10% discount for all Sausalito Village Members

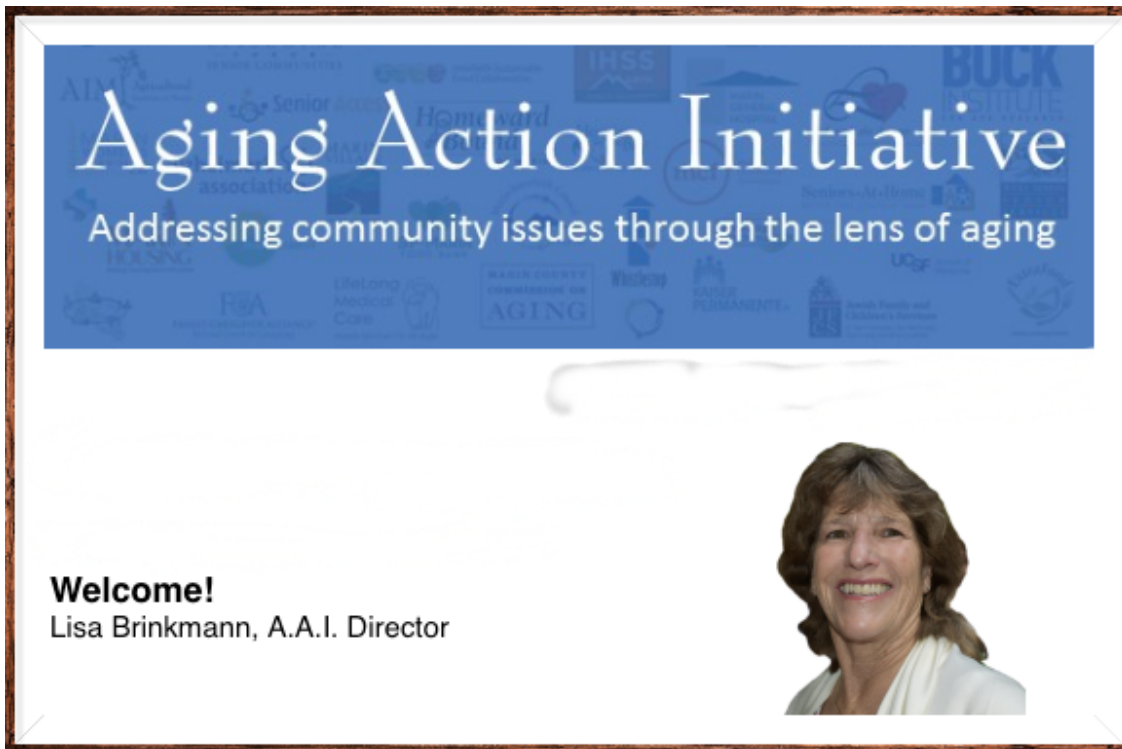
415.887.9967 staff@sausalitobooksbythebay.com

Our expert booksellers & personal shoppers are on call to help you!

RSVP for SV Event at Books by the Bay:

<https://sausalito.helpfulvillage.com/events/4058-holiday-shopping-at-books-by-the-bay>

Call for a CARSS ride by December 4th at 415-944-5474



Congratulations AAI for choosing Lisa Brinkmann!

Our own SV Board Member, Lisa Brinkmann, has taken the role as Executive Director of Marin County's Aging Action Initiative. What is AAI? The Aging Action Initiative is a collaborative network that promotes a healthy, safe, and engaging quality of life for all older adults to thrive in Marin County. Comprised of over 250 partner organizations from the nonprofit, government, and healthcare sectors, AAI focuses on aging equity issues through policy advocacy, education, and service innovation. Lisa Brinkmann is the perfect choice to lead this organization.

Lisa is a certified professional gerontologist. In 2019, she retired after 8 years as the Executive Director at Marin Villages. She continues to be on their advisory council. In addition, Lisa is a Board member of Sausalito Village, was the California Senior Legislature assembly member for Marin from 2020 – 2022 and served on the Marin County Commission on Aging. Prior to her work in the field of Aging, Lisa held senior management positions at various technology companies. Lisa has a Master of International Management

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Frontline full Documentary about aging in the USA



How to move past your fears

The first step to overcoming your fears is to own them. By noticing and observing them, you begin to understand that they are not concrete walls but rather obstacles that can be dismantled. Remember, your fears may seem powerful, but they are not as formidable as they appear.

First, commit to the process. Changing deeply ingrained habits is challenging, but by making a commitment to overcome your fears, you set yourself up for success. Remember, it's never going to get easier, so start today and don't look back.

Second, imagine the worst-case scenario. Many people get stuck in catastrophic thinking because they let their fears remain nebulous. By completing the scenario and writing down what you fear happening and what it would mean for you, you contain the fear and make it feel more manageable.

Third, take small steps forward. You don't have to make a giant leap; even starting at the shallow end of the pool is progress. The key is to keep moving forward consistently, knowing that there is only *forward*. If you stumble, get back up and continue moving forward.

Fourth, befriend your fear. Name it, humanize it, and understand where it's coming from. By exploring the story behind your fear, you'll realize that it is not a constant, but rather a reaction to your own narrative. And when you rewrite that story, you'll find yourself becoming less afraid.

Lastly, reframe the situation. Instead of viewing your fears as insurmountable obstacles, try to see them as opportunities for growth and learning. By shifting your perspective, you can transform fear into motivation and fuel for personal development.

Moving past your fears is a process that requires commitment, self-reflection, and a willingness to challenge yourself. When we acknowledge that fears are not insurmountable barriers, we become more willing to step outside our comfort zones and embrace new experiences.

Read the entire article [HERE](#)



Sausalito Woman's Club Global Marketplace Sale THIS weekend

WHEN: November 17 and 18

WHERE: Sausalito Woman's Club

No Admission Fee, complimentary refreshments and door prizes

Holiday shoppers will find unique and meaningful gifts handcrafted by women survivors of war, extreme poverty, gender-based violence, and human trafficking. Fairly traded jewelry, fashion accessories, and home décor from over 20 countries will be featured.

Marketplace products are made possible by Rising Worldwide's social and economic justice programs. Rising trains survivors of injustice to run their own businesses both locally and globally. Internationally, 5200 artisan entrepreneurs in 26 developing countries have participated and averaged a 300% increase in annual income.

5% of all marketplace proceeds will benefit the Sausalito Woman's Club Scholarship Program by funding local scholarships to be

The Sausalito Woman's Club Scholarship Recognition Fund is a 501(c)(3) nonprofit that provides financial support, encouragement, and acknowledgment to deserving students from Sausalito and Marin City in their pursuit of post-secondary education. Supported solely through community fundraising and individual donations, as well as commemorative and memorial gifts, the SWCSRF seeks to support students who are permanent residents of the Sausalito Marin City School District and pursuing any post-secondary education, including college, graduate school, and vocational training.

See RisingWorldwide.org/sausalito for all the details



Mark your calendars for SV Holiday Events coming soon....

We are all still scratching our heads trying to figure out how November got here, but it is, and we want to make sure you know our plans for the upcoming season.

Thanksgiving Turkey Dinner Delivered to your door. Open to everyone.

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<https://sausalito.helpfulvillage.com/events/4120>

Holiday Souper Monday Club. Open to everyone. Free event on Monday, December 4th, join us for catered soup in beautiful Campbell Hall. Free but must RSVP. More info and registration: <https://sausalito.helpfulvillage.com/events/4109>

Cheryl's picks for the Holidays at Books by the Bay. Open to everyone. Enjoy the inviting atmosphere of our neighborhood book store and enjoy wine and crudities on December 6th, starting at 3pm. More info and registration: <https://sausalito.helpfulvillage.com/events/4058>

Sing Along and Holiday Party. Open to all Members, Volunteers and a Guest. On Monday, December 18th 3pm, Andy Dudnick and his wife Jan will be in the house! Leading a sing along of holiday songs. Plenty of wine and food. Free but must RSVP. More info and registration: <https://sausalito.helpfulvillage.com/events/4098>

Christmas Eve Dinner Delivered to your door. Open to everyone. Choice of Ham or Turkey complete dinner delivered between 10:30am-noon. Dinners are \$25. More info and registration: <https://sausalito.helpfulvillage.com/events/4122>



Hike along SF's Crosstown Trail

Excerpted from SFTravel.com

The Crosstown Trail offers you the chance to bike, hike, and run along a 17-mile route that crosses diagonally through the city. Venture through some of the neighborhoods, parks, and cultural sites that make San Francisco special.

Depending on your mobility, interests, and fitness level, some segments will be better than others. Some pathways are shared between bikers and hikers, while others were designed to be wheelchair accessible. For more information, including maps, visit the Crosstown Trail's [official website](#)[Opens in new window](#).

Segment I: Sunrise Point to Glen Park BART Station

The Crosstown Trail begins at Sunrise Point Fishing Pier in the Candlestick Point State Recreation Area. Hiking north will take you through a tunnel and past the parks of the Visitacion Valley Greenway, including the Community Gardens and Children's Playground. Lounge a while at McLaren Park, catch a show at the Jerry Garcia

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Way train route also passes near one of San Francisco's largest urban farms. Visitors can get their hands dirty at Alemany Farm, take part in a workshop, or pick their produce for the trip home—all for free!

This first segment is just over 5 miles long and includes an expanse of rocky shoreline, which might be a struggle for some visitors.

Segment II: Glen Park BART Station to Forest Hill Muni Metro Station

This three-mile hike is quick and relatively easy. It takes you along some of the nicest pathways in the area. The Laguna Honda Community Trail system merges with the Crosstown Trail for a few miles, heading past the local hospital and giving hikers and bikers a direct view of Sutro Tower.

Segment III: Forest Hill to Judah St. & 16th Ave.

The Sunset District is filled with beautiful secrets, from the mysterious Grand Pacheco Stairway that winds up and around into the hills to the colorful tiles adorning the steps along Moraga St. It's quite a workout to reach Grand View Park at the top of the 16th Avenue Tiled Steps, but up there you'll find expansive 360-degree views, some of the best in the city.

While this segment is shorter than most, it's rigorous. You'll have access to the Rocky Outcrop nature area and you'll have a chance to see the colorful tiles dotting the Hidden Garden Tiled Steps, less of a visitor destination and usually less crowded.

Segment IV: Judah St. & 16th Ave. through Golden Gate Park

Hikers will follow 19th Ave. into the park, over Rustic Bridge, made of stone and brick, past a log cabin and the Stow Lake Boat House. A rose garden and the park's famous Japanese Tea Garden can be found on the path as you leave the park. Cyclists must enter on 20th Ave., a path that swings around to the west. The two routes converge as you leave the park along Park Presidio Blvd.

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The last segment is also considered the most iconic, with views from Lands End that are unmatched anywhere in the city.

Your journey begins before you enter the Presidio, a 1,500-acre collection of natural and cultural treasures. While the trail doesn't go far into the park, you can venture further and explore its wonders.

On this leg of the journey, you'll pass the Legion of Honor Opens in new window museum, as well as the *USS San Francisco* Memorial. The area is steeped in history, most notably at the Sutro Bath ruins.



Sausalito Village is invited to join SWC for an afternoon at Marin Theater Company's *Dragon Lady*

DATE: Saturday, December 9

TIME: Pre-show talk at 1pm, matinee at 2pm

WHERE: Marin Theatre Company – 397 Miller Ave., Mill Valley

\$7 discount with code MTCSWC

Bring your friends!

GET TICKETS NOW:

https://www.marintheatre.org/productions/dragon-lady/buytickets/MTC_2324_DRAGON

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● Center	\$65.00*	\$58.00*
● Wheelchair Access	\$65.00*	\$61.00*
● Side	\$58.00*	\$51.00*
● Unavailable		
* All orders will be subject to a fee of \$6.00		

About the show:

Dragon Lady is an award-winning, one-woman show, featuring a live three-piece jazz ensemble. This is a funny and fearless tour de force. A family tale that explores what it means to be an immigrant single mom in America. Sara Porkalob portrays dozens of characters through 50 years of memories and adventures in her Filipino American family.

Questions: contact Julie Carlson at carlson.juli@gmail.com or call her at 415-847-0088



Don't forget - Tuesdays are Sausalito Village Errand days!

Do you need a prescription picked up? A library run? Dry cleaning

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



Marin Access Catch-A-Ride Program has expanded - check it out!

Starting July 1, 2023, Catch-A-Ride started a new pilot program. At this point, most of the kinks are worked out and many of our SV members are successfully using and liking the changes. It may be a great resource as a transportation option for you too.

This enhanced Catch-a-Ride program is open to all residents of Marin County that are age 65 years and older and/or ADA eligible. Riders will receive 30 one-way vouchers each quarter (three-month period) to be used towards taxi and Uber rides. Riders will pay a \$5 base fare for each ride, with the voucher covering the next \$20. If the ride is more than \$25, the rider will pay the remaining fare. For many people, this will cover the majority of their out-of-

An important change is that you can now contact NorthBay Taxi or Uber directly rather than going through Marin Access to reserve your ride.

For more details on the program, how to apply for the vouchers and how you can use these vouchers, please contact the Marin Access' Travel Navigators at 415-454-0902 or email them at travelnavigator@marinaccess.org. This information is also available on the Marin Transit website: marintransit.org under Catch-A-Ride, or by clicking [here](#).



A warning about RSV from the Public Health Department

Excerpted from Currents

RSV Shots for Older Adults. Marin County Public Health reports that fewer than 10% of eligible residents over age 60 have gotten the new vaccine for Respiratory Syncytial Virus (RSV). RSV can cause severe respiratory illness among older adults, and cases are at elevated levels in Marin County according to [tests of wastewater](#). The vaccine is highly protective starting approximately one week after receiving the shot.



This one-minute decluttering rule will put an end to procrastination

Excerpted from LivingEtc.com

If you're looking for a super quick fix, the one-minute rule is one you can implement into your daily routine really easily.

So how does it work? 'The one-minute rule says that if an action or task takes less than a minute to accomplish, just do it,' says professional organizer at House to Home Organizing, Ben Soreff. 'Instead of writing it down for another time or putting it off you just do it.'

This shift in mindset will transform the way you look at decluttering and make the job feel so much more manageable. It won't fix the need for bigger organization missions, but it will help maintain the results in the meantime.

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regained!

Every time you see a small task, ask yourself how long it would take. Remind yourself the dishwasher will sit full until you empty it, and doing it now will remove that burden later on. You may not have time to start a lengthy closet organization project, but you can put your clean clothes away. 'You'll slowly start to feel in control of your organizational systems and your home,' Amanda adds.

Don't expect this rule to fix the mound of neglected toys building up in your living room or the endless paperwork on your kitchen island - you still need a more thorough decluttering method for that. It will however keep the space tidy once you have properly decluttered and prevent bigger chores from taking over your weekends.

Stop allowing your to-do list to spiral out of control and adopt the one-minute rule instead. I can guarantee your home will never look so well organized.



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

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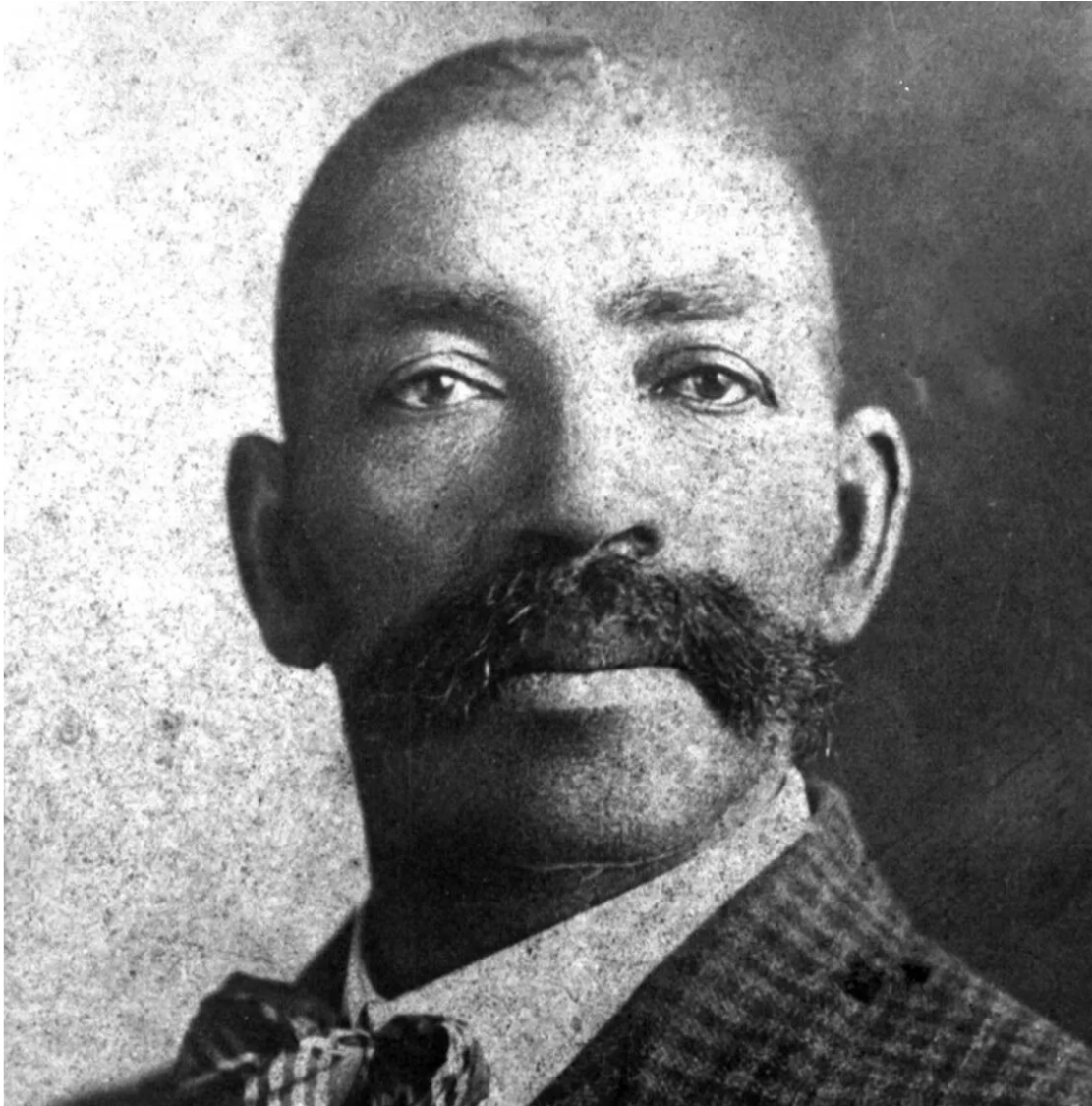
The first hands free - the future!



Today's trivia is all about memoirs. We'll give you the title of a memoir, and you have to name the famous person who wrote it.

1. *Dreams from My Father*
2. *The Year of Magical Thinking*
3. *Kitchen Confidential*
4. *I Know Why the Caged Bird Sings*
5. *Born a Crime*

Find the answer at the bottom of the newsletter.



The first Black U.S. Marshall has a connection to Sausalito Village

Last year SV member Marc Holland succumbed to cancer at the young age of 67. Marc's obituary reveals the very rich family history: His great aunt, Lucinda Todd, was a plaintiff in the landmark case *Brown vs Board of Education* where the U.S. Supreme Court ruled that racial segregation of children in public schools was unconstitutional.

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...Federal Administrative Law Judge. And, the granddaddy of them all, Bass Reeves, was the first black U.S. Deputy Marshall west of the Mississippi River. At his memorial celebration the family revealed that a mini series was in development about Bass Reeves. And, now it has arrived!

Below is more about Paramount's "Lawmen: Bass Reeves" excerpted from Parade.com

Horse thieves, murderers, robbers, whiskey peddlers and other assorted thugs ran rampant in Indian Territory (now Oklahoma) in the early 1870s. To bring law and order to the area, **President Ulysses S. Grant** appointed **Isaac C. Parker** judge of the U.S. Court for the Western District of Arkansas, who then recruited **James Fagan** to be U.S. Marshal and authorized him to hire 200 deputy marshals to police the 74,000 square miles of Indian Territory. Parker told the new deputies to clean up the territory and reportedly said, "Bring them in alive—or dead!" One of those deputies was Bass Reeves, the only Black man hired.

Born into slavery in Arkansas in 1838, Bass Reeves was taken by his master to Texas in 1846. At some point, he escaped and fled north to Indian Territory, where he lived among the Cherokees, Seminoles and Creeks, learning their customs, languages and the lay of the land. He picked up tracking, stalking and survival skills, and developed a keen eye and a fast gun. When the Emancipation Proclamation took effect in 1863 and Reeves was no longer a fugitive, he returned to Arkansas, bought a farm and married.

After the Civil War, he worked as an interpreter for settlers returning to Indian Territory. When railroads were being constructed there, he helped protect surveyors and, later, construction workers from being fleeced of their earnings by con men.

When he became a deputy, some people questioned whether a former slave should carry a gun, make arrests, serve subpoenas, summonses and warrants—and handle federal prisoners. But many skeptics grew to respect Reeves. He had a strong sense of right and wrong as well as a dedication to duty. He believed in equality for all citizens.

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as they were read to him and never brought in the wrong person. In fact, he became so adept at catching criminals that they often surrendered because they knew the jig was up.

As a deputy marshal, Reeves traveled with a chuckwagon and cook, a posseman (guard) and a tumbleweed wagon (jail on wheels) to transport captives. Standing 6 feet tall and weighing 180 pounds, he was an imposing figure in the saddle.

The mini series can be viewed on Amazon Prime.
Check out the trailer below:



Lawmen: Bass Reeves, the first black US Marshall



Sausalito Village Annual Holiday Sing Along and Party

SV members and volunteers mark your calendars!

WHEN: Monday, December 18, 3pm-4:30pm

WHERE: Campbell Hall, 70 Santa Rosa Avenue

RSVP: <https://sausalito.helpfulvillage.com/events/4098>

Andy Dudnick will be playing holiday music on the piano, and his wife Jan will be leading the sing along, there will be lots of food, libations and of course, free tickets for the many many raffle prizes.

Masks encouraged. Please do not attend if you are feeling unwell.

Parking is limited, please plan to walk, carpool or reserve a free CARSS ride.

CARSS provides free door to door rides in Sausalito. Have some wine and leave the driving to us!

Reserve your ride by December 16th at

SausalitoVillageConcierge@gmail.com or 415-332-3325.

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Sausalito Village hosts community wide Souper Monday Club

Everyone is invited - spread the word. This event is free but registration is required.

WHEN: Monday, December 4th, 11:30am - 1:00pm

WHERE: Campbell Hall, 70 Santa Rosa Avenue

RSVP: <https://sausalito.helpfulvillage.com/events/4109>

Each month we are asking a different business in town to create a hearty soup for attendees. With December being the busiest month for our restaurants, we have instead invited Mollie Stone's to step in and provide both a vegetarian and non-vegetarian option. We have Spinnaker and Trident coming up in the beginning of 2024. (BTW January's Souper Monday Club will be held on January 8th)

We are so happy that Jean Capron will be back playing the piano in the background, lending a warm and inviting atmosphere to our December monthly event.

Limited parking is available. If you would like a ride from Dunphy Park or your home, call Wendy at CARSS (Call A Ride for Sausalito Seniors) at 415-944-5474 or email SausalitoVillageConcierge@gmail.com by December 2nd.



Why is it better to store wine horizontally?

Excerpted from ScienceFocus.com

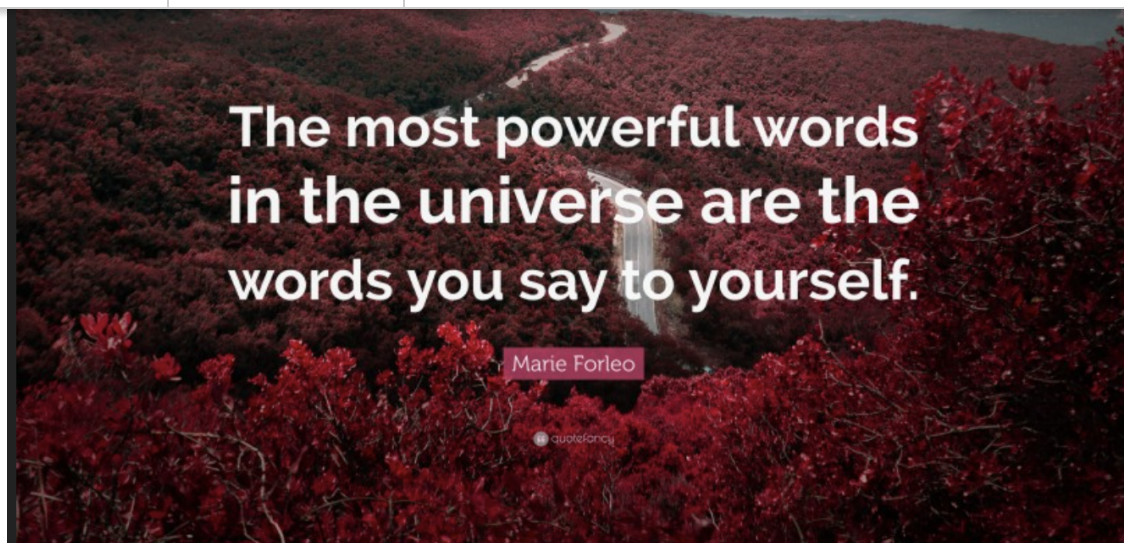
A horizontal bottle keeps the cork moist, so it doesn't dry out and shrink. At least that's the theory, but the science says otherwise. The air gap in a wine bottle has almost 100 per cent humidity, so the cork will never dry out as long as there is wine in the bottle.

In 2005, the Australian Wine Research Institute tested this and found that the orientation of the bottle makes little difference to the wine's keeping qualities.

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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. Thank you!



The holiday season can be a trigger for many of us. Rather than feeling the joy of the holidays, we feel deep sadness. If you are feeling lonely, isolated or depressed, Give the Friendship Line a call – because sometimes we all need a friend.

Call: 888.670.1360

The Friendship Line is a signature program of Institute on Aging, and has never gone unanswered since it was founded in 1973 by Dr. Patrick Arbore. Dr. Arbore's observation that "connection to others binds us to life" led him to establish the Friendship Line, which is both a "warm line" and a crisis intervention center for routine – even daily – phone calls that provide emotional support and friendly conversation.

Institute on Aging's staff and volunteers field approximately 11,000 inbound and outbound calls per month. The nationally-known Friendship Line is a program of Institute on Aging's Center for Elderly Suicide Prevention and Grief-Related Services, and is accredited by the American Association of Suicidology.

Call Us Toll-Free in California: 888.670.1360



Excerpted from Upworthy.com

In the simplest of terms, feeling either cold or warm means that the temperature “set point” of the body is being challenged by thermal inputs throughout the body, including in the brain, the blood, the spinal cord, our organs, our muscles, and our skin. Part of our brain collects all of those thermal inputs and essentially compares them to what body temperature it wants to hold. So if your skin temperature is lowered, even though the rest of your body is still at a comfortable set-point, you will feel cold — in some cases, cold enough to make behavioral changes like putting on a sweater.

The people who feel “always cold” will typically have lower muscle mass relative to body surface area (typically, women and older people). Their actual body core temperature may not really be below normal, but they feel cold because their body is telling them to conserve heat.

There have also been limited reports that women have a higher density of blood vessels at the skin surface, which would make them more sensitive to cold. However, there hasn't been enough good data collected on this theory to confirm or disprove it.

One of the best things someone can do is to increase their fat-free mass (muscle). This will increase overall metabolic rate (although it's not easy to do.)

Another thing a person could do is undergo cold-stresses, such as allowing themselves to be exposed to very cold temperatures for short periods of time. It sounds counter-intuitive, but it's been suggested that this could decrease the sensation of feeling cold. An example is putting the shower on 'cold' for a short period of time in the shower. Not easy to do, and you would want to build up to a full minute each day, but in some people it can help them to decrease the feeling of being cold.

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caused by abnormally low thyroid hormone levels, and that can be verified with a blood test. That is by far the rarer condition, but taking hormone supplements if medically needed can help. If a person is quite lethargic, has low motivation, and is always cold, it might be worth having thyroid hormones evaluated.



4 hours of vintage Thanksgiving holiday music

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FRIDAY PUZZLE

ANSWER

1. Barack Obama
2. Joan Didion
3. Anthony Bourdain
4. Maya Angelou
5. Trevor Noah
6. Andre Agassi
7. Tina Fey



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