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Photo by Kimery Wiltshire

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:

https://sausalito.helpfulvillage.com/newsletters?newsletters_month=7&newsletters_year=2023

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SV hosted events in the coming 2 weeks:

- January 7 - [Tales of the Trails](#)
- January 8 - [Stretch and Strengthen with Rayner](#)
- January 8 - [Souper Monday Club](#)
- January 9 - [The Tarot is in every one of us](#)
- January 10 - [Vaccine Clinic at City Hall](#)
- January 14 - [Line Dancing](#)
- January 17 - [Drop in zoom Tech Assistance](#)
- January 17 - [Film Group "The Great Escaper"](#)
- January 18 - [SWC hosts CPR/AED free training](#)

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

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Happy Birthday, Sausalito Villagers born in January

*Marilyn Aronowitz - Ceci Browne - Anne Casey
Jane Clinton - Candace Curtis - Baerbel Drobnis
Judianne Eynon - Meg Fawcett - Thomas Fligelman
Lyn Follett - Teddie Hathaway - Pamela Kahn
Lance Kincaid - Rayner Needleman
Gerald Needleman - David Neuman - Susan Pedrin
Cheryl Popp - Fay Rudio - Rosalie Wallace*

If you are a current Sausalito Village member who was born in January and we don't have your name listed, please let us know by contacting SausalitoVillageConcierge@gmail.com.

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Open to all - Please join us THIS Monday

This event is FREE but registration is required.

WHEN: Monday, January 8th, 11:30am - 1:00pm

WHERE: Campbell Hall, 70 Santa Rosa Avenue

RSVP: <https://sausalito.helpfulvillage.com/events/4110> or email
SausalitoVillageRSVP@gmail.com or call 415-332-3325

The idea is simple - enjoy a meal while sitting in community with old friends or new. We have volunteer servers who will get you seated and bring the soup, bread, dessert and hot drinks to you.

This month SPINNAKER RESTAURANT is donating both a vegetarian and non-vegetarian soup.

We are so happy that Jean Capron will be back playing the piano in the background along with Nawelo on ukulele, lending a warm and inviting atmosphere to our December monthly event. Special thanks to Fr. Chip Larrimore and all of Christ Church for the use of Campbell Hall.

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 5th.

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Bank of Marin



9 ways to get healthier in 2024 without trying very hard

Excerpted from NPR.org

1. Get healthier without even going to a gym

Hate the gym? That's cool. Scientists now say you can get a lot of the health benefits associated with exercise just by increasing how active you are in your

your desk or stirring the pot while you cook. Researchers have studied this kind of movement and given it the moniker NEAT, which stands for this mouthful: non-exercise activity thermogenesis.

2. Flip hunger into satisfaction with this cheap superfood

Weight-loss drugs like Ozempic mimic a hormone that our bodies make naturally to curb food cravings. What if we could increase levels of this hormone (called GLP-1) through our diet? Whether or not we're trying to lose weight, many of us would like to feel sated longer after we eat and be a little less beholden to our sweet (or salt) tooth.

It turns out that, yes, you can increase satiety hormones by eating more foods with fiber — especially what's known as fermentable fiber, which is found in foods such as oats, rye, whole wheat and many legumes.

3. Little acts of joy can have a big payoff

Small moments add up. From chatting up a stranger, to taking time to reframe a bad day and find the silver lining, to noticing the beauty of nature, science shows that moments like these make a difference to your well-being.

Even petting other people's dogs can give you a boost. The recently launched Big Joy Project from the University of California, Berkeley is gathering data that shows that we can change our emotional state by embracing these "micro-acts" of happiness.

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SV Hosted Tales of the Trails

WHEN: Sunday, January 7, 7pm

WHERE: On zoom

RSVP: Call or email Sue Dunlap. suedunlap46@gmail.com or 332-3746

Join us as Laurie Nardone presents her tales of la belle France - from Nice to Bourgogne.



Want to stop drinking? Here are some tips

Excerpted from CNET.com

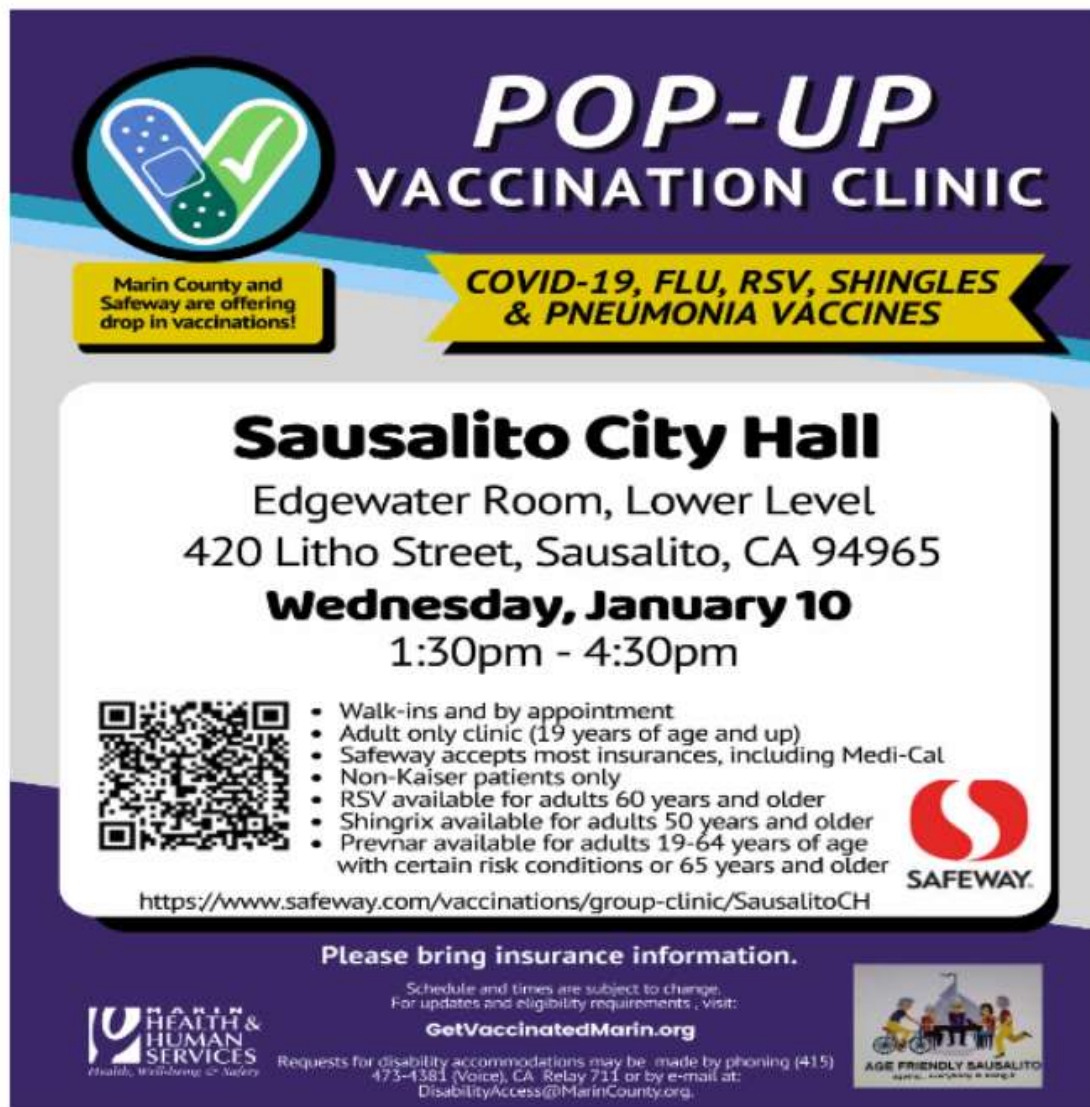
The first thing you have to do is take a step back and evaluate your habits. That means looking at your relationship with alcohol so you can understand why you drink, when you drink and how much you drink.

- **Become aware of how much you drink:** When drinking is part of your everyday routine, you start to forget just how much you're actually consuming. It's essential to examine exactly how much alcohol you're drinking. Look at each drink as you put it in front of you and tally up how many you're consuming a day.
- **Identify the reasons you drink:** Do you drink because you're bored? Do you drink with friends and family? Do you drink because you're sad? Do you drink because you simply like the taste? All of these are common reasons to consume alcohol, and your next step in this process is to understand why you're drinking when you do. Start a journal to keep track of what you're drinking and why and see if there are patterns. This will also help you find new ways to satisfy a craving when it comes up. If you find that you're commonly reaching for a glass of wine when

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- **Think about why you want to quit drinking:** Having a goal in mind will help jump-start your journey. Why do you want to quit drinking? If your reason is simply that you want to do it, that's fine! Just make sure you know why you want to cut back so that you can keep that in mind as you go through this process. It's never easy to quit something, but knowing why you're doing it will help keep you on track.

Continue reading [HERE](#)




POP-UP VACCINATION CLINIC

Marin County and Safeway are offering drop in vaccinations!

COVID-19, FLU, RSV, SHINGLES & PNEUMONIA VACCINES

Sausalito City Hall
Edgewater Room, Lower Level
420 Litho Street, Sausalito, CA 94965
Wednesday, January 10
1:30pm - 4:30pm



- Walk-ins and by appointment
- Adult only clinic (19 years of age and up)
- Safeway accepts most insurances, including Medi-Cal
- Non-Kaiser patients only
- RSV available for adults 60 years and older
- Shingrix available for adults 50 years and older
- Prevnar available for adults 19-64 years of age with certain risk conditions or 65 years and older

<https://www.safeway.com/vaccinations/group-clinic/SausalitoCH>

SAFeway

Please bring insurance information.

Schedule and times are subject to change. For updates and eligibility requirements, visit: [GetVaccinatedMarin.org](https://www.getvaccinatedmarin.org)

Requests for disability accommodations may be made by phoning (415) 473-4381 (Voice), CA Relay 711 or by e-mail at: DisabilityAccess@MarinCounty.org.

MARIN HEALTH & HUMAN SERVICES
Healthy. Wellbeing. & Safety

AGE FRIENDLY SAUSALITO
Support. Encouraging to Aging?

invites you to a community (non-Kaiser) vaccination clinic

WHEN: Wednesday, January 10 th from 1:30 to 4:30 pm

WHERE: Edgewater Room, downstairs in City Hall

Cases of RSV, Flu, and Covid 19 in Marin are trending up, and the new highly infectious JN.1 variant is now active in our County. If you have not been fully vaccinated to protect yourself, your family, and friends, we invite you to come to our community clinic.

- ☐ Scan QR Code with smartphone camera or click [HERE](#) to make an Appointment through Safeway or just Walk In
- ☐ We can serve Adults age 19 to age 119
- ☐ Please be sure to bring your MediCal, Medicare, or other Insurance information
- ☐ Sadly, **we cannot include Kaiser members**, because Kaiser insurance will not cover your costs outside their system. (Unless you want to pay directly out of pocket)
- ☐ Special free CARSS Rides for Sausalito residents age 60+ call (415) 944-5474





Let's explore the Blue Zones and the idea of taking the 4 week challenge together

If you are a Sausalito Village member or volunteer and interested in kick starting your new year for better health and longevity, join us for this video and discussion about Blue Zones.

What are Blue Zones? “Blue Zones” are geographic areas identified with lower rates of chronic diseases and a longer life expectancy.

Beginning in 1999, journalist and explorer Dan Buettner led a series of expeditions with National Geographic to discover the world’s longest-living populations and the commonalities between these unique groups of people.

Through their research, they identified five regions of the world with the largest percentage of individuals 100 years of age or older, collectively called the *Blue Zones*. The people of these regions engage in similar lifestyle habits, such as consuming a plant-heavy diet and prioritizing tight-knit social networks.

On January 31st, we will start by watching a video about one of the World's Blue Zones and then discuss forming a group (or groups) to take the Blue Zone 4 Week Challenge.

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purchase (\$10 each).

WHEN: Wednesday, January 31, 10am-11:30am

WHERE: Edgewater Room, downstairs in City Hall

RSVP: <https://sausalito.helpfulvillage.com/events/4199>



Join us to learn vitally important and potentially life-saving CPR and AED by members of the Southern Marin Fire District. This will be a great opportunity to learn how to perform hands-on CPR until help arrives and to use an automatic external defibrillator (AED). Practice mannequins and training AEDs will be available.

This event is hosted by the Sausalito Woman's Club. It is open to the public, so please invite your friends, family, and neighbors.

When: THURSDAY, JANUARY 18, 2024

Time: 1) 12:00 pm to 1:00 pm; Or
2) 1:00 pm to 2:00 pm

Location: Sausalito Woman's Club, 120 Central Avenue, Sausalito

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Parking is limited so please Carpool, UBER/LYFT, or walk
RSVP to Pat Pennington (please specify preferred time slot)
415-235-3185 or sausipat@comcast.net



Tips for making New Year's resolutions stick

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Billions of gift cards go unspent each year, this is what happens

Excerpted from Newsletter.com

After clothing, gift cards will be the most popular present this holiday season. Nearly half of Americans plan to give them, according to the National Retail Federation.

But many will remain unspent.

Gift cards get lost or forgotten, or recipients hang on to them for a special occasion. In a July survey, the consumer finance company Bankrate found that 47% of U.S. adults had at least one unspent gift card or voucher. The average value of unused gift cards is \$187 per person, a total of \$23 billion.

What happens to the money when a gift card goes unused? It depends on the state where the retailer is incorporated.

When you buy a gift card, a retailer can use that money right away. But it also becomes a liability; the retailer has to plan for the possibility that the gift card will be redeemed.

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...gift cards, mainly they believe won't be recovered based on historical averages. For some companies, like Seattle-based Starbucks, breakage is a huge profit-driver. Starbucks reported \$212 million in revenue from breakage in 2022.

But in at least 19 states — including Delaware, where many big companies are incorporated — retailers must work with state unclaimed property programs to return money from unspent gift cards to consumers. Money that isn't recovered by individual consumers is spent on public service initiatives; in the states' view, it shouldn't go to companies because they haven't provided a service to earn it.



Take a body tuneup quiz (from Washington Post)

How much do you know about the medical checkups you should be getting? Here's a short quiz to test your knowledge. Answer True or False.

- 1. Blood pressure:** Blood pressure is considered abnormal if it goes above the threshold of 140/90 mm Hg.
- 2. Eye health:** Regular eye exams for glasses and contact lenses can preserve eye health as you age.
- 3. Cervical cancer:** Women don't need an annual Pap smear to screen for cervical cancer.

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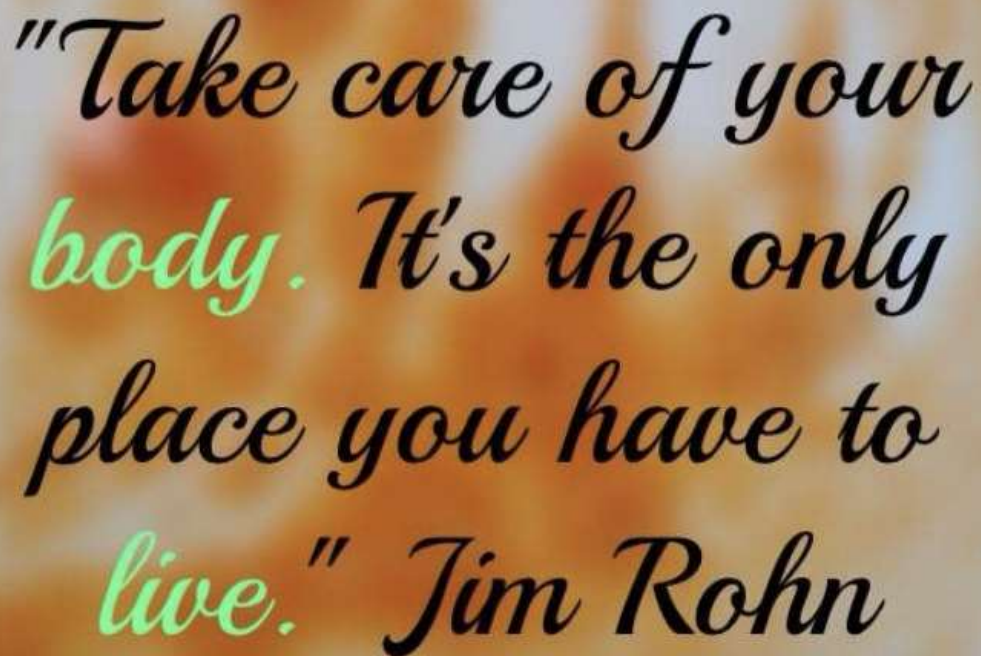
5. STDs: After the age of 65, screening for sexually transmitted disease is no longer needed.

6. Colorectal cancer: Everyone should get their first colonoscopy at age 50.

7. Aging: As you enter your 70s, many routine screenings may end.

8. Prostate cancer: Universal screening for prostate cancer is recommended for men in their 40s.

Find the answer at the bottom of the newsletter.



*"Take care of your
body. It's the only
place you have to
live." Jim Rohn*

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VILLAGE
Aging Better. Together.

Ashby Village Events Team and Healthy Aging Present

Keys Bags Names Words

Documentary Film Viewing

Followed by a Q&A with Film Director Cynthia Stone and
Film Producer Caroline Prioleau from the Global Brain Health Institute

Tuesday, January 23
2:00-4:00pm PT *ON ZOOM*



Ashby Village invites you for this important Zoom presentation about dementia

[Keys Bags Names Words](#) offers inspiring stories of both the personal and global impacts of Alzheimer's disease and other forms of dementia.

This documentary aims to shift the narrative of fear and hopelessness to one of hope and action.

The film follows a cohort of young scientists and artists from around the world as they harness creativity, humor and compassion to lead

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Join us to learn how to reduce the risk of developing dementia, ways to connect meaningfully with our loved ones – even if they no longer recognize us – and how to live a high quality of life after diagnosis.

[Self Register For Your Zoom Link Here](#)

Or contact the Ashby Village office to register:

Email info@ashbyvillage.org or Call (510) 204-9200



Next class is January 8th. In the meantime, here is the most recent class taped for you to enjoy at home. We like to know if you have watched the class, please email SausalitoVillageRSVP@gmail.com and let us know!

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Hair doesn't actually 'turn' gray

Excerpted from Interesting Facts.com

One of the hallmarks of aging is that our lifelong hair color begins to turn gray, or in some cases, white. Although an entire industry is built around hiding this fact, human hair isn't actually *turning* gray so much as no longer supplying the pigments necessary to produce color. This occurs when hydrogen peroxide builds up after wear-and-tear on the hair follicles. That blocks the normal synthesis of melanin, which is responsible for all shades of hair color.

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10 ITEMS TO PACK IN CARRY-ON IN CASE YOUR FLIGHT GETS CANCELED OR DELAYED

Excerpted from USAToday.com

1. A toothbrush
2. An extra change of clothes
3. A portable charger
4. All of your medication
5. A reusable water bottle
6. Portable cleansing products
7. Extra face masks
8. [Apple AirTags](#)
9. A cozy pillow
10. A good pair of headphones or earbuds



Marin Access Catch-A-Ride Pilot Program

PRESENTATION: Learn about Marin Access transportation options for you

Including Marin Access Catch-A-Ride, a program that provides Taxi and Uber discounts available to residents 65+

WHEN: January 25th, 1pm-2:15pm

WHERE: Zoom

RSVP: <https://sausalito.helpfulvillage.com/events/4178>

Meet with Marin Access Travel Navigators on Zoom to learn about transportation options available for individuals that are 65+ or living with a disability. They will also review eligibility requirements and how to schedule rides.

Open to ALL

What is Marin Access?

Marin Access was designed by Marin Transit to coordinate transportation options and resources for older adults (65+) and individuals with disabilities in Marin County.

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EXCLUSIVE INVITATION TO THE COLUMBIA EMPLOYEE STORE FOR
Sausalito Village

VALID DATES**01/05/2024 - 01/28/2024****VALID FOR YOU + 4 GUESTS****WHAT TO BRING**

THIS INVITATION
 PHOTO ID
 PROOF OF AFFILIATION

EMPLOYEE STORE LOCATIONS & HOURS

CHECK ONLINE FOR UPDATED HOURS

Richmond, CA

1414 Harbour Way South, STE 1010 94804
 MON - FRI: 10A - 8P
 SAT - SUN: 9A - 8P

NEW STORE 11/21 Union City, CA

32111 Union Landing Blvd Union City, CA 94587
 MON - FRI: 10A - 8P
 SAT - SUN: 9A - 8P



Sausalito Village members and volunteers can email SausalitoVillageRSVP@gmail.com for an email statement confirming their affiliation.

Questions about the sale should be directed to richmondemployeestore@columbia.com



Fire-Scarred Redwoods Are Rebounding by Sprouting 1000-Year-Old Buds

Excerpted from My Met.com

In August of 2020, a horrific fire swept through California's Big Basin Redwoods State Park. Ignited by lightening, the fire was unprecedented in the scale of damage it wreaked on the ancient trees. It left behind enormous charred trunks in what had once been a lush forest. Concerned scientists thought it might be the end of these trees as we knew them. But upon returning to the scene months later, researchers discovered the bereft trees had used long-stored energy to grow buds long hidden within their bark. These green sprouts demonstrate the resilience of the redwood trees.

With time, green sprouts emerged from the bark, although still petite compared to the leaves and branches lost in the fire. Radiocarbon testing showed that these sprouts grew from energy that was created and stored within the tree up to 21 years prior to the fire. The energy was used by buds hiding within the trees. Scientists know these buds begin to form within the tree as it grows, and can lay dormant for ages. The sprouts which burst forth after the fire may be up to 1,000 years old, given coastal redwoods themselves can live over two millennia.



8hrs of Relaxing Spanish Guitar



- 1. Blood pressure: False.** Recent guidelines state that blood pressure at or above 120/80 mm Hg is abnormal.
- 2. Eye health: False.** A complete eye exam typically involves dilating the pupil to get a closer look at the retina and optic nerve. Routine vision checks for glasses or contact lenses don't count.
- 3. Cervical cancer screening: True.** Most women don't need annual Pap tests. A schedule of every three to five years, depending on the test, is typically recommended.
- 4. Mammograms: True.** Recent guidelines lowered the age to start routine breast cancer screening from 50 to 40.

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2007 to 2017.

6. Colorectal cancer: False. Get your first colonoscopy at age 45, or sooner if you have a high-risk history, such as inflammatory bowel disease or a first-degree relative with early-onset colorectal cancer. Some medical groups advise African Americans to start screening at age 40.

7. Aging and screenings: True. As you enter your 70s, many routine screenings may end. After a certain age, screening is unlikely to prolong life; follow-up testing and treatment is often invasive and carries risks.

8. Prostate cancer: False. The U.S. Preventive Services Task Force does not officially recommend a widespread screening program for prostate cancer. Discuss the risks and benefits of screening with a PSA blood test with your doctor.



For information about our programs, events, emergency preparedness, archived copies of our weekly newsletters, visit the continuously updated Sausalito Village [website](#).

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