



Photo by Mary Ann Coral "Return to the Sea"

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)

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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:

[https://sausalito.helpfulvillage.com/newsletters?newsletters\\_month=7&newsletters\\_year=2023](https://sausalito.helpfulvillage.com/newsletters?newsletters_month=7&newsletters_year=2023)

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### SV hosted events in the coming 2 weeks:

- January 22 - [Stretch and Strengthen with Rayner](#)
- January 22 - [Shopping Trader Joes and Safeway](#)
- January 22 - [Country Music Sing Along](#)
- January 23 - Shakespeare with Judy Holmes -class is full
- January 25 - [Marin Access presentation](#)
- January 28 - [Line Dancing](#)
- January 29 - [One on One tech help 3pm slot](#)
- January 29 - [One on One tech help 4pm slot](#)
- January 30 - [Afternoon Book Review](#)
- January 31 - [Blue Zones](#)

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

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## Country Music Sing Along January 22nd

**WHEN:** Monday, January 22, 3pm-4:30pm

**WHERE:** Campbell Hall, 70 Santa Rosa Street

**RSVP:** <https://sausalito.helpfulvillage.com/events/4203>

Put on your Western duds and come sing along to the music of Country Royalty:  
Hank Williams, Sr., Patsy Cline, Willie Nelson, Dolly Parton and more.

Jean Spaulding will be leading a country themed sing along to karaoke music. There also will be special guest performers who'll get your feet stomping!

### OPEN TO ALL

Come join in the fun - sing along or just listen, whatever you prefer.

There will be wine and nibbles served at 3pm, the sing along will start at 3:15.

Spread the word, the more the merrier.

Need a ride?

Call by January 19th for a door to door ride - 415-944-5474

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## In-Person Technology Help

### Monday, January 29th

Edgewater Room  
Sausalito City Hall  
42 Litho Street, Sausalito

#### **Two Time Slots**

3:00 to 4:00

Register Here:

<https://sausalito.helpfulvillage.com/events/4205>

4:00 to 5:00

Register Here:

<https://sausalito.helpfulvillage.com/events/4207>

Have your questions answered by volunteers during this 1 to 1 training session. This is an opportunity to become comfortable with your computer, iPhone or iPad and get your questions answered.

#### **QUESTIONS OR NEED A RIDE**

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

## Volunteers will provide One to One tech help on January 29th - sign up now!

**WHEN:** Monday, January 29th, 3pm and 4pm slots

**WHERE:** Edgewater Room, downstairs in City Hall

**RSVP for 3pm:** <https://sausalito.helpfulvillage.com/events/4205>

**RSVP for 4pm:** <https://sausalito.helpfulvillage.com/events/4207>

Volunteers from the professional organization IWIRC (International Women's Insolvency & Restructuring Confederation) will be on hand to answer any technology questions you have. There are two time slots available to attend and limited space. If you would like to attend, please click on the link above to register or email Wendy at





## Should the USA abolish the penny?

Excerpted from KiteandKeyMedia.org

These days, your thoughts may be worth more than a penny.

Thanks to inflation, the one-cent piece is practically worthless.

How much has the penny's value declined?

In 1900, a weekday edition of the *New York Times* cost just a cent. Today, the paper costs \$4.00.

The craziest part: Pennies actually *cost* us money.

America spends around three cents producing a single penny.<sup>iii</sup>

In other words, making one penny costs ... three pennies.

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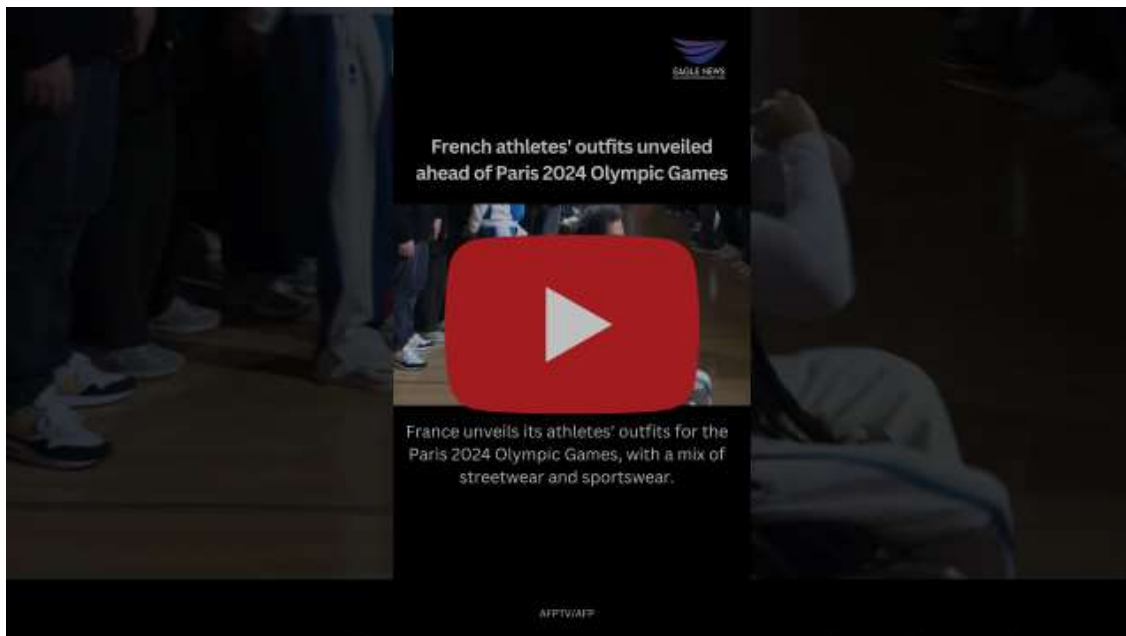
So, why bother keeping it?

Critics say that eliminating the penny will cost Americans money because sellers will round their prices up.

But research suggests that while some sellers may round up, others would round down. And consumers would break even.v

Eliminating the penny would save the country a lot of money.

Even 'Honest Abe' would probably approve.



## French athletes uniforms unveiled for the Olympics



## 3 Ways Turmeric Can Affect Your Medication

Excerpted from EatingWell.com

While turmeric supplements may have some promising potential effects, their interaction with medications could potentially bring more risks than benefits. Here, we have a list of how turmeric could interact with certain medications:

### Anticoagulants/Antiplatelet Drugs

According to a 2020 review in *Frontiers in Pharmacology*, curcumin has mild anticoagulant properties that mirror the effects of blood thinners, potentially reducing the body's clotting ability. Combining turmeric supplements with blood thinners, such as aspirin, warfarin (Coumadin, Jantoven) and clopidogrel, may also heighten the chance of bleeding or bruising.

### Gastrointestinal Medications

Turmeric supplementation could increase stomach acid levels, interfering with antacid medications, such as cimetidine, famotidine (Pepcid) and omeprazole (Prilosec), per the 2020 review. Routhenstein says these antacid medications are meant to work oppositely to turmeric's effect. Taking turmeric supplements could diminish the effectiveness of these medications in managing acid reflux or ulcers, and could cause discomfort.

Turmeric may possess effects similar to diabetic medications to lower blood sugar levels, says Laura Purdy, M.D., M.B.A., a board-certified family physician at AFD.health. While low doses and short periods of use of curcumin may not lead to adverse outcomes, as noted in the 2021 study in *Frontiers in Endocrinology*, curcumin may amplify the effectiveness of diabetic medications. Purdy advises that taking turmeric supplements with diabetic medications could increase the risk of hypoglycemia and recommends speaking with a physician before use.



## 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.



### *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.*



## **What Is Temu and why is it so cheap?**

Excerpted from PCMagazine.com

It may seem like Temu emerged out of nowhere. But the company got its start in September 2022, when it launched a barrage of Facebook and Instagram ads.

Temu's prices are indeed shockingly low. So low that they can't help get your attention and cause you to throw things in your cart. It seems that Temu is trying to attract shoppers as fast as possible, but it's likely selling items at a loss to get that done.

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by P. E. Hering, which has money to burn and moved its global headquarters from China to Ireland so it can keep doing business even if US scrutiny of China-based apps continues. Temu's low prices and sending purchased items directly to consumers allow it to bypass tariffs, saving it a ton of cash.

More concerning is the issue of forced labor. A 2022 investigation found that Temu used cotton from the Xinjiang Uyghur Autonomous Region where China has detained Uyghurs in camps. And a report on Temu from the House Select Committee on the Chinese Communist Party found that Temu is likely using forced labor from imprisoned Uyghurs.

It's a legitimate website, but watch out for lightning deals that promise extra savings. Temu has gamified its site. Pop-ups with wheels to spin for discounts, tokens to collect, and countdown clocks make it seem like time on offers is running out, but they're designed to push customers toward purchases. Sellers on Temu, meanwhile, often steal designs so they don't have to pay to develop intellectual property of their own.

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

**WHERE:** Edgewater Room, downstairs in City Hall

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



Three of these headlines are real and one is faker than the 6am alarm clock you set for today. Can you spot the odd one out?

1. Kentucky city beams message into space inviting extraterrestrial visitors
2. American passenger bites flight attendant, forcing plane to return to Tokyo, airline says
3. Arnold Schwarzenegger detained at Munich airport over luxury watch
4. 'No golfers' now most used phrase in East Coast Hinge profiles

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



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## Important: AARP free tax service in Mill Valley starting February 1st



### **Marin County's 2024 AARP Tax-Aide Services** **Free Income Tax Preparation and e-filing for low & middle income taxpayers**

#### **By appointment only.**

Please contact your preferred site for appointment.

Email is the best way to reach us.

If you must call be sure to leave your full name and contact information.

**PLEASE DO NOT CONTACT MORE THAN ONE SITE!**

Visit our website for forms and more information:

<https://sites.google.com/view/marintaxaide/home>

#### **When?**

Volunteer tax counselors are available from **Feb. 1<sup>st</sup>** until **April 15<sup>th</sup>** at our listed locations.

#### **What to Bring?**

- » A copy of your 2022 Tax Return
- » Photo ID, plus Social Security Cards or ITIN's for self, spouse, and dependents
- » Social Security numbers for child care providers and alimony recipients
- » All W-2 Forms
- » All Forms 1099 Social Security, pension, interest, dividends, stock/bond sales, & IRA distributions, unemployment, NEC, K, MISC etc. Cost basis of stocks and other investments sold.
- » All forms 1095 & 1098 e.g. Mortgage Interest, Tuition. Health insurance coverage information for taxpayer, spouse & dependents.
- » Checkbook or bank account and routing numbers for direct deposit
- » To itemize, bring your list of paid property taxes, medical bills (**totaled**), charitable contributions (**totaled**) and mortgage interest.

**PLEASE REMOVE ALL ITEMS FROM ENVELOPES BEFORE YOUR APPOINTMENT**

#### **MILL VALLEY 415-322-9361**

**MillValleyTaxAide@gmail.com**

Mill Valley Community Center

180 Camino Alto

Tuesdays 8:30 am – 12:30pm

Thursdays 8:30 am – 12:30 pm

#### **NOVATO 415-488-5401**

**taxaidelarry@gmail.com**

North Marin Comm. Services

1907 Novato Blvd.

Mondays 10 am – 2 pm

Thursdays 10 am – 2 pm

**Closed Presidents Day Feb 19**

#### **SAN RAFAEL 415-295-6624**

**SRCCTaxAide@gmail.com**

Vivalon (**NOTE new location**)

999 Third St.

Mondays 9:45 am – 2 pm

Fridays 9:45 am – 2:30 pm

**Closed Feb 9 and 19**

#### **FAIRFAX 415-578-0556**

**fairfaxtaxaide@gmail.com**

Fairfax Library

2097 Sir Francis Drake

Mondays 10 am – 2 pm

Fridays 10 am – 2 pm

**Closed Feb 19 and April 1**

#### **NORTHGATE 415-448-6155**

**NGTaxAide@gmail.com**

First Congregational Church

8 No. San Pedro Rd San Rafael

Tuesdays 10 am – 2:30 pm

**Closed March 26**

#### **PT. REYES**

Call for appointment:

**415-663-8361 ext.304**

Dance Palace Community Ctr

503 B Street (1 session only)

**Sat. Feb. 24th 10 am -2 pm**

Spanish translator available

#### **General questions only. Not for appointments:**

Email: [marintaxaide@gmail.com](mailto:marintaxaide@gmail.com)  
**415-320-6191**

**We can quickly and easily determine your eligibility for Earned Income Credit**

**AARP Foundation Tax-Aide**

**WHEN:** Tuesdays and Thursdays 8:30am -12:30pm

**WHERE:** Mill Valley Community Center, 180 Camino Alto

SV Members need a ride? Contact Wendy at 415-332-3325

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Next class is January 22nd. 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](mailto:SausalitoVillageRSVP@gmail.com) and let us know!

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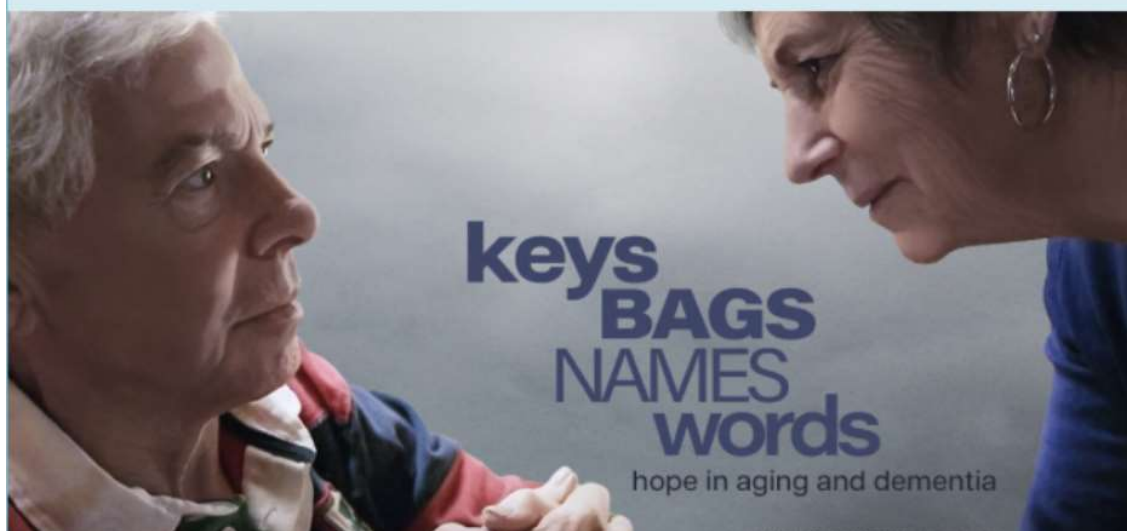
Ashby Village Events Team and Healthy Aging Present

## ***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 the way towards

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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](mailto:info@ashbyvillage.org) or Call (510) 204-9200



## How To Wake Up Less For Bathroom Breaks In The Middle Of The Night

Excerpted from HealthDigest.com

### **Start keeping a diary to track urination patterns**

Although the problem won't be magically solved overnight, a good place to start is by keeping a urination diary, suggests the [National Association for Continence](#). Over the course of a week, take note of the types of foods and beverages you consume and the amounts, frequency of bathroom trips during waking hours and at night, duration of urination, and any leaks experienced. If you take a diuretic, jot that down too, adds the Cleveland Clinic. Include the time of day you



draw connections as to potential causes of your nighttime urination. Additionally, tracking this kind of data can be of great help to your healthcare provider.

### **Reduce your fluid intake in the evenings**

One of the best ways you can help reduce the frequency of nighttime wake-ups is to lessen your fluid intake towards the end of the day. Cleveland Clinic experts suggest drinking less liquid starting approximately two hours before heading to bed. However, the National Association for Continence recommends starting as early as four to six hours before bedtime. The kinds of beverages you're drinking also matter. Because caffeine acts as a diuretic — meaning it boosts urine production — refrain from drinking coffee later in the day (via Mayo Clinic). The greater the caffeine content, the more pee you can expect.

### **Alleviate swelling in the legs and feet**

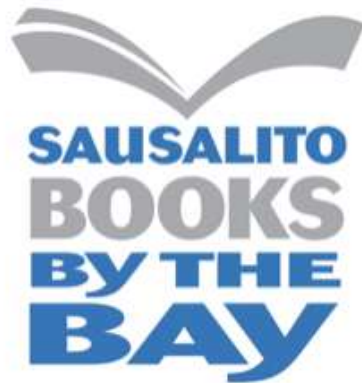
Nighttime urination is often seen among those with swelling in the lower extremities, specifically the feet and legs (per National Association for Continence). While this collection of fluid will remain in the legs during waking hours, as soon as we position ourselves horizontally in bed, that fluid gets recirculated and our blood pressure rises. This kicks our kidneys into gear to rid the body of this excess fluid in the form of waste. As a result, you may be roused from sleep for an urgent bathroom break. Exercising during the day can help prevent this kind of swelling in the legs, notes the Cleveland Clinic. Wearing compression socks can also be helpful. Through applied pressure, compression socks alleviate the amount of force placed on our veins.

Try eating less salt and don't take diuretics before bedtime  
Making certain dietary adjustments may also help reduce the amount of times your bladder wakes you up in the middle of the night. This includes minimizing one's consumption of salt. Finally, if you're someone who takes diuretics for a health condition, talk to your physician about

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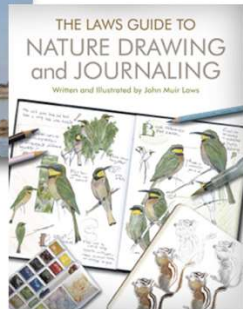
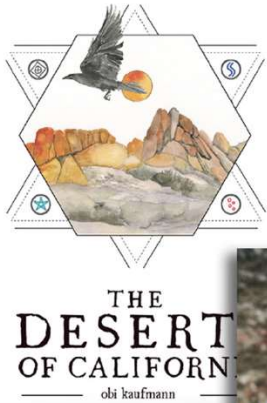
half of the day — rather than right before bedtime — your system will have time to process the excess fluid before you hit the hay that night.

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**100 Bay Street, Sausalito, CA 94965**

***Author Event***

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## Obi Kaufmann *The Deserts of California* In Conversation with John Muir Laws

Obi is an award-winning artist, adventurer and author of the California Field Atlas, as well the Forests of California & Coasts of California.

John is an award-winning naturalist, artist, scientist, educator and prolific author & illustrator of books.



## Retired but Want To Work? Top Tips for Older Job Applicants

Excerpted from YahooFinance.com

Barbara Corcoran knows a thing or two about ageism in the workplace. The 74-year-old real estate mogul and star of ABC's "Shark Tank" has built an empire while combatting stereotypes.

### Come In With Contagious Vitality

"Ageism is a problem, and I'd be lying to you if I said, don't worry about it, this is how you fix it up," Corcoran says. With most managers hesitant to hire older talent, she said your energy can combat assumptions. "Simply look your best and put that [insecurity] to the side," she added.

### Play Up Your Wealth of Wisdom

While being the young hotshot may seem ideal, Corcoran said seasoned professionals have unique advantages.

"There's no circumstance that they run into that they haven't seen before, and have a solution for, so [they need] a lot less training," she said. "You have a lot more life experience and judgment."

Still, she warned against resting on your credentials.

### Don't Make Assumptions About Managers

While many harbor age bias, Corcoran actively seeks out mature hires.

"I hire many older workers," she said, having found they offer unmatched insight and reliability. "Be aware of that: You have a lot more life experience and judgment."

Rather than writing off employers, approach each interview as a fresh chance to show your value. Focus on highlighting your passion, energy and capabilities.

### Be Ready To Prove Yourself



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you're not going to get all the interviews, she said. "Have to admit that, but it's really, really true." When those chances do arise, she said, "Put your best foot forward."

Corcoran said people should enter interviews well-researched and brimming with enthusiasm.

### **Stay Confident Against Biases**

Being overlooked for younger talent can damage your self-image over time. Yet Corcoran emphasized tuning out naysayers and silencing self-criticism.

"Women face a much higher bar with regard to ageism," she said, having conquered gender norms herself. "They experience it earlier and more frequently than men."

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# 3RD GENERATION BAY AREA FIGURATIVE



Fernando Reyes



Catherine Merrill



Stephen Namara

**January 5-28, 2024**  
**750 Bridgeway, Sausalito**

[www.SausalitoCenterForTheArts.org](http://www.SausalitoCenterForTheArts.org)

## Opening reception January 20th, 2-5pm

The Bay Area Figurative Movement never died and continues to thrive. San Francisco Bay Area artists and models founded the Models Guild in 1946, and it's no wonder that we still have such a healthy, lively community, chock-full of dedicated talent.

## PARTICIPATING ARTISTS

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Stephen Namara ~ Diane Olivier ~ Sharon Paster ~ Fernando Reyes  
~ Alex Rosmarin ~ Randall Sexton ~ May Shei ~ Sandra Speidel ~  
Peter Steinhart ~ Charles H. Stinson



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