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Photo by Katie Godowski

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:

[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 28 - [Line Dancing](#)
- January 29 - [One on One tech help 3pm slot](#) (waitlist only)
- January 29 - [One on One tech help 4pm slot](#)
- January 29 - Tuesday Errand Day
- January 30 - [Afternoon Book Review](#) (canceled this month)
- January 30 - [Dollar Tree and Sprouts group trip](#)
- January 31 - [Blue Zones](#)
- February 4 - [Tales of the Trail](#)
- February 5 - [Stretch and Strengthen with Rayner](#)
- February 5 - [Souper Monday Club](#)
- February 6 - Morning Book Review (Full)
- February 6 - Tuesday Errand Day

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

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## Let's explore the Blue Zones

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 explore the idea of forming a group (or groups) to take the Blue Zone 4 Week Challenge together.

We will have the Blue Zone 4 Week Challenge workbooks available for purchase (\$10 each).

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

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



Find Meaning and Happiness through  
Volunteering



## Join our Sausalito Village Volunteer team

If you have been thinking about volunteering, now is the time!  
Your help is needed in the following areas:

- **Sausalito Village Drivers** - Take members to medical appointments or group shopping trips
- **CARSS Drivers** - Drive a 4 hour shift once a month to take seniors in Sausalito around town for any purpose
- **Technology Helper** - Help members with their phones, TVs, pads and computers
- **Events** - Help with set up and clean up for monthly Souper Monday Club event and other larger scale events
- **Companionship** - Visit someone who is isolated on a regular basis
- **Emergency Preparedness Captain** - If you are interested in Emergency Preparedness, join our Emergency Preparedness team
- **Healthcare Advocacy** - If you are a retired medical professional, social service professional, or have experience in caregiving, become a Healthcare Advocate and be matched as a buddy with one of our more vulnerable members
- **And more!**

Print an application [HERE](#)

Questions? Call Sausalito Village at 415-332-3325

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## Tales of the Trail - San Miguel Allende

**WHEN:** Sunday, February 4th, 7pm

**WHERE:** Zoom

**RSVP:** Contact Sue for zoom link

For the Sausalito Village February Tales of the Trail, Dñn Flory & Sue Dunlap will present tales of San Miguel de Allende & Guanajuato, México.

Enjoy the colorful slides and memories shared by Don and Sue from the comfort of your home.

Contact Sue for the zoom link: [suedunlap46@gmail.com](mailto:suedunlap46@gmail.com) or (415) 332-3746



## What is your nudge word for 2024?

Excerpted from WashingtonPost.com

A nudge word is a word that reflects your values, intentions and vision for the coming year. Here are Washington Post readers top 10 favorites, along with few reader thoughts about why they chose their words.

**1. Balance:** “Balance feels all encompassing, for peace of mind, being kinder, nourishing my soul and my loved ones. Balance feels like the umbrella I need this year to protect me from the external elements of life.”

**2. Resilience:** “Resilience resonated more as I go through a divorce and my children leaving home. I wanted a word that said, ‘I am here, and I will pick myself up and go on.’”

**3. Present:** “I want to appreciate my life and all the little moments that happen instead of always thinking about what is next.”

**4. Well-being:** “Everything I want to accomplish is connected to my well-being.”

**5. Thrive:** “It will be a prompt to me every day to ask myself what I can do to thrive, specifically for my health, which will then enable me to thrive in other areas of life.”

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**7. Flourish:** “I want to grow. I’m 73 and have so much I want to learn.”

**8. Commit:** “I chose commit because I feel like it is the anchor word for the changes I want to make in 2024.”



Moodivator doing her vintage circuit training



**Get your body moving and have some fun!**

**WHEN:** January 28th, February 11th, 4pm-5pm



Laurie Reemsnyder is your wonderful line dancing teacher who will guide you through the choreography. 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 ahead

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'.

Sign up for each class through Parks and

Rec: <https://cityofsausalito.perfectmind.com/24457/Classes/BookMe4LandingPages/Class?classId=15e3c83a-0e03-4a45-9791-3d0eb0bda0ef&occurrenceDate=20240114>

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



## As You Get Older

Excerpted from Huffington Post.com

Drinking milk is necessary for our survival...at first.

“As infants, humans produce significant amounts of lactase to digest the lactose found in breastmilk,” said Linna Goelz, a naturopathic medicine doctor at Sonoran University of Health Science. “Historically, once breastfeeding was done and solid foods were introduced, humans no longer consumed lactose-containing food.”

And because humans weren’t eating as much lactose-containing food, their bodies adjusted and naturally began “to produce less and less lactase enzymes over time, which means we are unable to digest dairy properly,” according to Goelz.

This “gradual reduction” of lactase production is called lactase nonpersistence or acquired lactase deficiency. Dr. Janese Laster, a board-certified gastroenterologist and founder of Gut Theory Total Digestive Care, said that this is “a natural process occurring in the majority of humans” after infancy.

You might notice these symptoms as a kid, or they could pop up in adulthood depending on how slowly your body’s production of lactase declines. Or you could be part of the approximately 25% of humans who don’t notice a change at all.

“The ability to digest lactose into adulthood is contingent on the specific gene variants inherited from parents, influencing the level of lactase activity present,” Laster said.

She explained that your body’s ability to break down dairy depends on the person. “While some may struggle with digesting fresh milk, they might find relief in consuming certain dairy products like cheese or yogurt, thanks to the fermentation process that breaks down a significant portion of lactose,” she continued.

Other things that could cause an increase in lactose intolerance include infections, inflammatory or autoimmune diseases like gastroenteritis, celiac disease, Crohn’s disease, ulcerative colitis,

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Read the entire article including how to manage symptoms [HERE](#)



## 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>

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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 [sausalitovillageconcierge@gmail.com](mailto:sausalitovillageconcierge@gmail.com).

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Excerpted from AARP Watchdog Newsletter

### How It Works

- You get an unexpected visit, call, text, or email from someone claiming to be your power or water company.
- They may offer a free energy audit or assistance signing up for government programs to reduce energy bills.
- Or they threaten to cut off service unless you pay an overdue bill or maintenance cost immediately.

### What You Should Know

- Utility impostors aim to convince you to make a payment to them or to supply personal or financial data that they can use to steal or sell your identity. They may open new accounts and run up charges in your name.
- Legitimate utility companies don't request personal information by email or phone, and they provide advance warning before disconnecting services.
- If anyone ever tells you to pay a bill by purchasing gift cards and sharing the numbers off the back, or to go to a bitcoin ATM to send payment that way, it is a scam.

### What You Should Do

- It is a sad state of affairs to say not to answer your door when someone unexpectedly knocks and not to trust email messages, text messages, or phone calls, but this is the world we are in.
- If a message by any channel immediately puts you into a heightened emotional state, say fear or panic, let that be your sign to disengage.
- Contact your utility company at a number you know to be correct from a paper bill, through an online portal you have login credentials for, or by going directly to the utility's website. (Don't do a web search; the results often contain ads bought by criminals to direct customer service calls to them.)
- If you or a loved one have experienced a utility scam, report it to your actual utility company and to law enforcement. You can also share the information with the Federal Trade Commission [online](#) or by calling 877-382-4357.

More at the AARP Watchdog Network website: [HERE](#)



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# HEALTHY LIVING FOR YOUR BRAIN AND BODY

An education program presented by the Alzheimer's Association®



## Edgewater Room Feb. 12th: Healthy Living for your Brain and Body

**WHEN:** Monday, February 12, 10:30-11:30am

**WHERE:** Edgewater Room, downstairs city hall

**RSVP through the**

**Library:** <https://www.sausalitolibrary.org/programs/registration-page-alzheimers-association>

health of the brain and the body are connected. But now, science is able to provide insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age.

Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

Sausalito Village has partnered with the Sausalito Library to offer this important program being presented by the Alzheimer's Association.



**FRIDAY PUZZLE**

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The clue is: "It may turn into a different story." The answer is two words spanning 15 total letters.

Can you solve it?

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

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MILL VALLEY PHILHARMONIC PRESENTS

# A Musical Valentine



Join us for the music of Tchaikovsky,  
Dvorak, Holmès, and Saint-Saëns

Featuring Youth Concerto Competition  
winner, Sydney Li-Jenkins, violin soloist.

**Friday, February 9 at 8:00 p.m.**  
**Saturday, February 10 at 4:00 p.m.**

***FREE open dress rehearsal***  
**Wednesday, February 7 at 7:30 p.m.**

Mt. Tamalpais United Methodist Church  
410 Sycamore Ave., Mill Valley

***Tickets available at:***  
***[www.millvalleyphilharmonic.org](http://www.millvalleyphilharmonic.org)***

**Sausalito Village members and volunteers interested in attending, but would be going alone? Connect with SV Volunteer and member, Rayner Needleman, to meet up at the Saturday afternoon Philharmonic performance. Rayner can be reached at [rayner667@gmail.com](mailto:rayner667@gmail.com)**





How the brain stores memories



## FREE Tai Chi for Arthritis and Fall Prevention

Free Classes for Adults Age 60 and Older

Simple to learn Tai Chi Form for Marin's Older Adults of all Abilities –

conveniently taught **in-person** or on **Zoom** (requires internet computer or tablet)

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<http://www.sausalito.gov/adultclasses> (Fitness-Full Series:Tai Chi) or  
Call (415) 289-4152

**Tai Chi Arthritis & Falls-Beginning & Review**

**IN-PERSON (Ross) and ON- ZOOM**

**HYBRID (Fri. in-person/Sun. on Zoom)**

**Meeting 2x per week for 8 Weeks:**

**Friday and Sunday 1:00 pm - 2:00 pm**

**February 16 – April 14**

**IN-PERSON (Sausalito) and ON ZOOM (Hybrid).**

**Meeting 1x per week for 16 Weeks:**

**Thursdays 10:00 am – 11:00 am**

**February 1 – May 16**

**Tai Chi for Arthritis Part Two\*\***

**\*\*Prerequisite: Tai Chi/Arthritis Beginning**

**On Zoom**

**Meeting 1x per week for 16 Weeks**

**Saturdays 9:00 am-10:00 am**

**February 3 – May 18 ( \*new date)**

**IN-PERSON (Sausalito) and ON- ZOOM (Hybrid).**

**Meeting 1x per week for 16 Weeks:**

**Thursdays 11:30 am-12:30 pm\*\***

**February 1 – May 16**

All Classes are Led by Tai Chi for Health Institute Board Certified Community Instructors from Age Friendly Sausalito and Dominican University of California.

**For Questions Contact:** [agefriendlysausalito@gmail.com](mailto:agefriendlysausalito@gmail.com)

or call (415) 331-1393

Funding for this program, in part, is made available by the Older Americans Act, administered locally by the Marin Department of Health and Human Services, Aging and Adult Services, and by Marin County Parks

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## **Don't forget!** **Tuesdays are Errand Tuesday at Sausalito Village**

Need a few groceries picked up? a library run? medications picked up?

Sausalito Village members can get errands run every Tuesday.

Contact Wendy at Sausalito Village's main number, 415-332-3325, to schedule your errand.

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## AARP Free Income Tax Assistance Preparations beginning February 1st in Mill Valley

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

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

Marin County 2024 AARP offers Free Income Tax Assistance Preparation and e-filing for Low & Middle Income Taxpayers - By Appointment Only.

Before making and appointment, please check the scope of limitations to ensure your return can be prepared. In addition, please note that we cannot prepare Federal or CA tax returns for taxpayers who are (1) part-year CA residents; (2) registered in CA as Domestic Partners; (3) eligible for Electric Car or Solar Energy Credits; (4) eligible for the mortgage interest credit; or (5) have sold virtual currency

[Contact](#) Marin County's 2024 AARP Tax-Aide Services. Email is the best way to contact. If you must call be sure to leave your full name and contact information. Do not contact more than one site for an appointment. [More Information](#)

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

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## Marin Rising - event at Sausalito Library

**WHEN:** Friday, February 9th, 6pm-8pm

**WHERE:** Sausalito Library

**RSVP:** <https://sausalito.us10.list-manage.com/track/click?u=ef48996d6f825fac32ec81b4b&id=1de8f19017&e=d8ac06cfec>

The Sausalito Library will host *Marin Rising: A Symposium on Climate Change and Southern Marin*. The event will begin with snacks, drinks, and an opportunity to peruse a new art exhibit by event organizer Mary Lou Dauray on the theme of coal power plants and their toxic effect on the environment.

Brief talks by climate and sea level rise experts from Southern Marin will follow, along with time for Q&A.

Speakers include Wilford Welch, Janelle Kellman, and Terri Thomas.

Please [RSVP](#) if you plan to attend.

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## Are you storing your coffee all wrong?

Excerpted from [HuffingtonPost.com](https://www.huffpost.com)

Coffee storage may seem complicated, but it's actually pretty simple as long as you keep a few rules in mind — you want to keep your coffee in an airtight container, in a cool, dry place, and away from direct sunlight. The goal is to protect the coffee from anything that ages it more quickly, which includes humidity, air temperature, light and oxygen.

Coffee stays freshest when stored in its original packaging or an air-tight container — preferably one that's opaque and doesn't allow light to get in. If you're using a canister, make sure it's clean and doesn't smell like anything you previously stored in there, because the coffee will absorb those odors. Between uses, you can wipe down the canister with a paper towel to remove residue, but avoid using scented soap if you choose to wash it and make sure it's completely dry before adding coffee. You can also keep coffee in its original bag, especially if the packaging has the one-way valve that allows carbon dioxide to escape.

Tossing your coffee beans or grounds in the refrigerator is a big no, according to the coffee experts we spoke with. Your refrigerator is home to a lot of

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affect the coffee's taste. So storing your coffee near a bunch of food with potentially strong odors isn't ideal.

Whether you can store coffee in the freezer is a bit more nuanced. "Both freezer and fridge storage has to be done in a very specific and controlled way for it to actually benefit the coffee," said Steven Sutton, CEO of Devoción Coffee. "About 99.99% of the time, consumers don't have the tools for this, so they will actually harm the coffee." If you're committed to freezing your coffee, this should be done in airtight, single-serving doses, using vacuum-sealed bags or containers.



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