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Go to http://sausalitovillage.org/content.aspx?page_id=2&sl=513386715 for MAY 2016 calendar of events



CARSS Celebrates One Year Anniversary!



There is a great deal to celebrate with the one year anniversary of CARSS (Call A Ride for Sausalito Seniors), a City of Sausalito Age Friendly program managed by SV. CARSS took its inaugural ride on May 6, 2015 with Charlotte Mastrangelo in the passengers seat heading to and from Sausalito Village's Monday morning Chair Yoga class. Since then, the number of rides per month has grown to an

average of 132 with over 30 Volunteer Drivers and 89 Riders signed up.

The program is a unique model for volunteer transportation because it combines the ability to request rides up to one week ahead, but it is the only one in the Country that also allows Same Day Ride requests that go straight to the Driver on Duty during the driver's four hour shift. This all works because of the small geographic area of CARSS which includes the City of Sausalito, the floating homes up to Gate 6 1/2 and Gateway Shopping Center (which will soon include Target as a tenant).

In January, the Washington Post wrote an article entitled "What The Best Cities Will Look Like In 2030" and named New York City and Sausalito as the examples - Sausalito because of CARSS!!

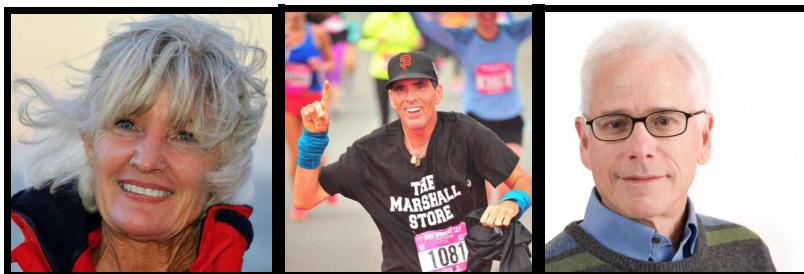
BUT it is really ALL ABOUT THE VOLUNTEERS! Without our dedicated group of Volunteer Drivers, the program would not be a success. Kudos to all of our team who have dedicated a minimum of 4 hours per month to drive one of the CARSS shifts. If you have 4 hours to donate, please consider applying to drive for CARSS.

To learn more about CARSS, to download an application to Drive or Ride and to read the Washington Post article, go to <http://www.carss4you.org/>

To review a 'Special Presentation' of Age Friendly Sausalito and CARSS to the City Council, visit our Facebook at <https://www.facebook.com/Sausalito-Village-420300044739480/?ref=bookmarks>

Sunday, May 15th, 6pm - 8:30pm
Annual Sausalito Village Community Meeting

Three inspiring speakers share stories of making our world a better place, testing their limits and challenging what's possible. Don't miss this free event.
OPEN TO ALL



Elaina Breen, who learned to sail in her sixties, became the oldest woman to

win the Clipper Around the World Yacht Race, "... unquestionably the most physically demanding things I've ever done in my life."

Xerxes Whitney, "Going to the edge by going within." Born with cerebral palsy, Xerxes overcame his physical challenges to run five marathons and scale Mt Whitney turning "self-pity and shame into ownership and strength."

Jim Emerman, of Encore.org shines light on change-makers in their 60s, 70s, 80s and 90s who have reset the second half of their lives with a "learning, purpose and passion" to make social impacts in their "encore" years. Check out the great work at www.encore.org.

DATE: Sunday, May 15th
TIME: 6:00pm – 8:30 p. m.
WHERE: Sausalito Library, 420 Litho Street
FREE and open to everyone!
RESERVE A FREE RIDE: CARSS [415-944-5474](tel:415-944-5474)

Light sandwiches and refreshments will be served.

LOOK OUT For The Pedestrian Flags



When the Age Friendly Sausalito Task Force analyzed 1200 surveys they received back in late 2013, one of the top concerns was crosswalk and intersection safety. Pedestrian flags are simple solution that the Task Force recently presented to Adam Politzer, City Manager, and he immediately responded YES, let's try it! Both Police Chief Rohrbacher and Jonathan Goldman, Director of Public Works, agreed.

Watch for the flags in 2 – 3 crosswalks as a trial that the Department of Public Works will be installing.

Special Thanks For The Support

Special Thanks to the Sausalito Shell Car Wash for donating a raffle prize for the Volunteer Drivers Training.

Special Thanks to Dario's Pizza, Tommy's Wok, Salon 3001 and Bayview Salon for becoming part of the SV Participating Merchants Discount Program.

Members can go here to see the full list of businesses and discounts offered:

https://s3.amazonaws.com/ClubExpressClubFiles/531834/documents/SVParticipatingMerchantDiscountListMay2016_1734590057.pdf?AWSAccessKeyId=AKIAIB6I23VLJX7E4J7Q&Expires=1462471171&response-content-disposition=inline%3B%20filename%3DSVParticipatingMerchantDiscountListMay2016.pdf&Signature=w4DexOBv5gbnjOQp3Pp%2FKe%2BW6Ko%3D

Darby Is Available For Home Visits!

Jill Johnson is a Volunteer Driver for CARSS and Sausalito Village who happens to be the owner of one of the most adorable dogs in town named Darby.

Darby brings comfort and enjoyment to those who are feeling under the weather.

If you, or someone you know in town would benefit from a 'Darby Home Visit', contact Jill at jillcnoronha@yahoo.com. If you do not have a computer, call the Concierge [415-332-3325](tel:415-332-3325).



In Remembrance of Gary Semereaux



On March 29th, SV Member Gary Semereaux passed away at his apartment in Rotary Village Housing. Gary was the manager of the Rotary Housing complex which is where many SV events are held.

Gary enjoyed bocce on Tuesday's and many other SV events over the years. He was also an active member of Rotary where the Rotarians raised a glass of his favorite wine in his honor at their March 31st meeting.

Gary was with his son, Tommy, 'main squeeze' Sue Dunlap (as Gary would say), and his nurse when he died.

Go to http://www.marinscope.com/sausalito_marin_scope/obituaries/gary-semereaux/article_74607474-fc1d-11e5-b544-338fa3279638.html to read Gary's Obituary.

Reframing The Conversation About Aging
Excerpted from Forbes.com, Article by Bob Rosenblatt



"It's a scary and depressing image of aging: If you are sick or poor and over 65, it's your own fault because you didn't do the right things when you were younger. This is a commonly held view of old age in the United States, and the nation's leading aging organizations are now on a fierce mission to change it through a project known as Reframing Aging.

...Advocacy groups need a makeover of their public relations, advertising and marketing strategies. Aging, must be "understood as both a personal and a shared resource and opportunity, and so that older Americans are viewed as central rather than marginal participants in our collective life as a nation." Instead of thinking of the aging population as deteriorating, incompetent and dependent, the public needs to view older Americans as living lives with opportunities and challenges."

To read the entire article, go to

<http://www.forbes.com/sites/nextavenue/2016/03/21/the-other-2016-campaign-reframing-aging/#261be6997382>

NEW Free Cane Program Coming To Waterstreet Hardware This Summer



Sausalito Village Board Member, Lois Prentice not only came up with a great idea but partnered with Waterstreet Hardware on Caledonia Street to make it happen this summer - it's a Free Cane Program that is open to all residents of Sausalito and the Floating Homes.

This is how it will work:

IF YOU HAVE A CANE that you no longer need, you will be able to drop it into a barrel that will be clearly marked at the front of the local store.

IF YOU NEED A CANE, temporarily or long term, you will be able to go to Waterstreet and choose one from the barrel. The only catch? You are asked to return the cane when you no longer need it, to keep the program going.

SV MEMBERS ONLY BENEFIT: Sausalito Village members can ask for transportation and one on one assistance in fitting of a cane by contacting the Concierge at [415-332-3325](tel:415-332-3325).

We NEED Your Cane(s) Now! We would love to build up the supply before the program begins so if you have a cane to donate, contact Lois at prenticelaw@gmail.com. If you do not have a computer, call the Concierge at [415-332-3325](tel:415-332-3325).

Member Share Area

Email editor@sausalitovillage.org if you have something to add to Member Share

Felicity Kirsch wanted to share the very positive experience she and her husband Bill had when he had a medical emergency and opted to go to Golden Gate Urgent Care in Strawberry v. the E.R. They were so pleased that they have put in a Member Recommendation in the Service Providers section of the SV web site for members only...if you are a member, check out all of the recommendations, and thanks to Kenny Lautman, our volunteer who manages this program.

Sonja Frommerova recognizes all of the talent in our town and would love to start a Barter System either Sausalito Village-wide or incorporating the entire town. She has a lot of ideas about this, but would like to partner with someone who has the computer skills and same passion. Interested? Contact her directly at [415-331-3359](tel:415-331-3359).

Nina Meister would love to get a small group together to go to the Bill Graham exhibit at the Jewish Contemporary Museum which runs through July 5. Go to <http://www.thecjm.org/visit/general-information> for museum hours. Contact Nina directly at theninameister@gmail.com or 415-300-6230 if you are interested.

DON'T FORGET to **mark your calendar** for an evening of inspiring storytelling on
Sunday, May 15th, 6 p. m., Library
Sausalito Village Community Meeting
PASS THE WORD!!

SPECIAL THANKS TO STATE FARM AND FIRST CALIFORNIA REALTY



Every month, Sherrie Faber of First California Realty and Jon Lam of State Farm print and mail this newsletter to Sausalito Village members who do not have computers. This helps to keep all of our members connected to our community. Don't forget to say a special THANK YOU to them when you see them in town.

CARSS Rides Available In May To Sausalito Library Events! CARSS: 415-944-5474



If you are 60 and older and live in Sausalito or the Floating Homes (up to Gate 6 ½), you are most likely eligible for FREE door-to-door rides through CARSS to the following evening Library events.

Coloring & Doodling Party for Adults

Tuesday, May 3rd
4-6pm in the Edgewater Room

Poetry Reading by Jodie Hollander

Thursday, May 5th
7pm in the Council Chambers

We View Them, They View Us: a Visit from the Animals of WildCare

Friday, May 13th
5:30-7pm inside the Library

Story Hour for Adults

Thursday, May 19th
7pm in the Council Chambers

Community Author Event: Vendela Vida

Wednesday, May 25th
7pm at the Sausalito Woman's Club, 120 Central Avenue

Call 415-944-5474 to reserve a ride. RSVP by two days before the event.
CARSS is a City of Sausalito Age Friendly Program.

**Sausalito Village
P. O. Box 208
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415-332-3325**