



SAUSALITO VILLAGE

July 2017 Newsletter

Join in the Parade - 4th of July!



Sausalito Village and CARSS will be in the parade and we invite you to join us by walking or riding in one of our cars along the route. We are going with the **Summer of Love** theme, so make sure to wear your 1960's attire!

SV and CARSS participants will meet at Charlotte Mastrangelo's home for the annual pre-parade party in her backyard. When the convertibles arrive, the volunteers will decorate them and by 10am we are ready to feed into the rest of the parade.

Rides are available through CARSS, but you must RSVP with Connie TODAY. Call 415-944-5474. Pick ups will be from your home to the start of the parade and returns will be from Dunphy Park back to your door.

Check out our new website

Thanks to Manuel of Helpful Village, and our team of volunteers led by SV Member Gale Brewer, we have moved to a computer system that will be simpler. Simplicity is important for our many volunteers who manage membership, volunteers, programs, the calendar and more.

Manuel developed Helpful Village specifically for Villages throughout the country. This is the first computer system of its kind and we are on the cutting edge.

Having said that, we imagine there will be bumps along the way, as there always are with change. Please contact Tricia at triciasmith58@yahoo.com with any comments or issues you encounter with the new system.

WEEKLY CALENDAR UPDATE - Look for an email with the calendar updates every Sunday morning. This is a list of events for the coming two weeks. You can click on any event in the list and it will provide you the details.

To see the website, click here: www.Sausalitovillage.org

CARSS/Sausalito Village in a new video

Special thanks to film producer, Kristi Denton Cohen, for the latest in her series of videos aimed at helping seniors decide whether they should 'stay put' or 'move'. Her newest installment features transportation options in Marin County. Two of our CARSS riders are highlighted, Thelma and Nina along with driver, Mary Ann Griller.



CLICK HERE TO VIEW VIDEO: [Transportation Options in Marin County](#)

Visit Kristi's impressive body of work on her website: www.stayormove.org.

Caregiver Support Group in Sausalito

By Jean Patterson



I was sitting quietly in church several months ago and decided to count the people in our Sausalito congregation who were - like me - caring for a loved one suffering some form of cognitive impairment. I was dismayed to observe that in that small sample of about 40 people *15% were caregivers!*

The shock of this made me realize that we could benefit from a Caregiver Support Group in our own community. So, I set about trying to make that happen with the help of two caring professionals who also offered to volunteer their time.

We are grateful and very pleased to announce the first Caregiver Support Group in our community will be held Saturday, August 12. The support group - led by professional, (credentialed) facilitators and serving southern Marin and beyond - will be held the 2nd Saturday of each month from 10am-noon in Campbell Hall next to Christ Episcopal Church. We have also begun the process of affiliating with the Alzheimer's Association of Northern California.

We hope anyone caring for a loved one with a dementia-related illness will join us on August 12, or one of the monthly meetings thereafter. I can personally assure you that the ability to

exchange information, learn about solutions to problems, talk through challenges and ways of coping, share feelings and frustrations, and learn about available resources is invaluable. Rest assured that you and your situation will be held in complete confidentiality.

Questions? Email caregivermarin@gmail.com

The SF Jewish Film Festival Is coming to San Rafael!



Sausalito Village member Ninfa D. has been volunteering with the SF Jewish Film Festival for years and loves it! She is excited to share with all of us that it is expanding across the bridge to the Rafael Film Center on Fourth Street in San Rafael August 7-9.

Fourteen films will be screened over the three days. Click on this link to read the synopsis of each of the films: [Marin Films](#)

A ticket to all 14 can be purchased for \$120 by clicking here: [3 Day Pass](#)

To review the entire listing of films from July 20th on, click here: [SF Jewish Film Festival Schedule](#)

Thank you, Teddie Hathaway

A special thank you to founding member, Teddie Hathaway, for her many years on the Board of Directors including four as Treasurer. Teddie retired from the Board this month but will remain an involved and committed volunteer as well as a member of the Emeritus Group. Teddie's energy is infectious and will be missed at the monthly meetings!

Meet our new Board Members



A few months ago, an invitation was published in this newsletter to encourage more 'friends' to increase their involvement in Sausalito Village. Thirteen people responded and have stepped up to volunteer in some way. Four of the 13 were appointed to the Sausalito Village Board of Directors on Tuesday, June 20th.

Our new Board Members are: Rhonda Friedburg, Flo Hoylman, Rosalie Wallace and John Walsham (Treasurer). All four members have been volunteers for Sausalito Village and CARSS.

**Do you dream of traveling to Africa?
Here is an affordable and fun adventure**



Several months ago we published an article about Friendship Force, a non profit volunteer based organization that provides travel and hosting opportunities all over the world. In June, Karen McCready and her husband Barry of the local Bay Area chapter shared their experiences of more than a dozen trips since their retirement 15 years ago with a group at the Sausalito Library. Trips that took them from Australia, to South Africa, to Ireland, Germany and more.

Traveling with Friendship Force is a very affordable way to see the world since the group is 'hosted' by other chapters who open their houses for homestays. Many of the meals are provided by potlucks with the group and their hosts providing social interaction with all of the members of the hosting chapter.

If this sounds intriguing to you and you missed the presentation, take a moment to look at the website. The Bay Area chapter will be going as a group to Kenya in the Winter. Also look at the other travel opportunities through other chapters in the world! Click HERE: [Friendship Force](#)

Look what we found on the internet...

www.Lotsofhelpinghands.com - "A painless way to organize help. With the Help Calendar, you can post requests for support - things like meals for the family, rides to medical appointments, or just stopping by to visit.

Members of your community can quickly find ways to help, and Lotsa will send reminders and help coordinate logistics automatically so nothing falls through the cracks."

www.gogograndparent.com - "GoGoGrandparent turns on-demand transportation companies like Uber and Lyft into services that work for people without smart phones. GoGoGrandparent acts as the 'go-between'.

www.silvernest.com - "Silvernest Brings Baby Boomers Together through online housemate matching. Use our proprietary matching tool to get paired with your ideal compatible housemate. Finding the right roommate has never been so easy."

Annual Floating Homes Tour

Sign up to volunteer today!



FLOATING HOMES ASSOCIATION, INC

Sausalito Village members and volunteers have consistently helped to support the success of the Annual Floating Homes Tour and we hope 2017 will be no different! The one day tour sponsored by the Floating Homes Association, a non-profit volunteer organization, will feature 15 unique homes, art, music and fun. BUT it can only happen with the help of volunteers. Proceeds from the ticket sales of the annual event support organizations like the Marin City Library and Sausalito Village.

Please sign up today to help - you will have fun! Click here to volunteer: [Sign up here](#)

Questions? Email Kay at kayhorneffa@yahoo.com

To purchase your tickets click here: [Purchase your ticket today](#)

Healthcare Advocacy Tip for July

Information about housing, transportation, legal services and more in the updated Sausalito Village County Resource List!

CLICK HERE TO OPEN RESOURCE LIST: [Sausalito Village County Resource List](#)

In Memoriam

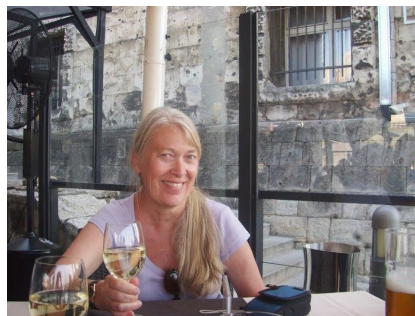


Dr. Alexandra Botwin Lederer
February 24, 1928 - June 10, 2017

Alexandra Botwin Lederer, Ph.D., died on June 10 at the age of 89. She has been a valued member of Sausalito Village and will truly be missed.

She had been a psychologist in private practice in San Francisco for 59 years and was highly regarded and well loved by patients and colleagues alike. She was the wife of the psychiatrist Wolfgang Lederer, M.D. who predeceased her in January 2015. To read her full length obituary, please click here: [Dr. Alexandra Lederer Obituary](#)

CELEBRATION OF LIFE



Lauren Petterson

Longtime partner, Eric Meister, invites Lauren's friends to celebrate her life on Saturday, July 15th at 12:45pm at Fernwood Cemetery, 301 Tennessee Valley Road in Mill Valley. Overflow parking available at Peace Lutheran Church at 205 Tennessee Valley Road. Shuttle rides will be available. Reception open to all friends at 3pm at Piatti Restaurant at 625 Redwood Highway in Mill Valley.

Community Event If you have an event to share, send it to triciasmith58@yahoo.com to be published in next month's newsletter

Freedom From Pain - Self Hypnosis Training and Study Group. Mondays, 10-11:30am, Sausalito Fire Station, 333 Johnson Street. Free. Led by Clinical Licensed Hypnotherapist A.T. Lynne (www.sausalitohypnosis.com).

Member Share Area If you have something to share - a poem, an idea, a request....send it to triciasmith58@yahoo.com for submission in next month's newsletter.

SPECIAL THANKS TO FIRST CALIFORNIA REALTY AND STATE FARM

*Every month, **Sherrie Faber of First California Realty (415-339-9200)** and **Jon Lam of State Farm (415-331-1002)** 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.*

