



# SAUSALITO VIL

February 2018

## **JAZZ CABARET**

Join the fun by singing along to familiar jazz standards, doing your own solo, or enjoying the music as part of the audience. Well-known pianist Judy Hall will be tickling the ivories, and Sausalito Village volunteer Phyllis Kinimaka will be hosting the event and leading the singing.

DATE: Every second Monday of the Month

TIME: Starting at 3:00pm

WHERE: Chamarita Room, 501 Olima Street at the corner of Coloma

PARKING: Please park on the street only, the lot is reserved for Rotary Housing residents

Snacks and drinks will be provided and the event is open and free to all. No RSVP needed. If you need a ride, call CARSS (Call A Ride for Sausalito Seniors) two days in advance at 415-944-5474.

## **FALL PREVENTION**

Many people think falls are a normal part of aging. The truth is, they are not. Most falls can be prevented. You have the power to reduce your risk. Falls are the number one cause of injury to seniors. While important at any age, precautions are critical for older people.

Read More: [Preventing Falls](#) [Ten Common Myths \(And The Reality\) About Older Adult Falls](#)

## **HEALTHCARE ADVOCACY: Senior Transportation Options in Marin County**

If you are a member of [Sausalito Village](#), you already know that transportation is available to you for medical appointments anywhere in Marin County thanks to our vetted and trained volunteer drivers. What other options are available for seniors in Marin County? Here are some

highlights of programs available:

### **Carepool**

**What is it?** Volunteer driver program run by Whistlestop. Vetted volunteer drivers will drive you anywhere in the County for medical appointments or food shopping

**When do you need to call?** Phone a week or more in advance.

**What number do you need to call?** 415-454-0902

**How much does it cost?** Free

### **CARSS (Call A Ride for Sausalito Seniors)**

**What is it?** City of Sausalito Age Friendly program managed by Sausalito Village. Vetted volunteer drivers will drive you anywhere in Sausalito area up to 3 stops per day (examples: CVS, Target and Mollie Stones)

**When do you need to call?** Either up to a week ahead or during the weekday shift of 10am-2pm

**What number do you call?** 415-944-5474

**How much does it cost?** Free

### **Whistlestop Paratransit Van**

**What is it?** Transportation via a wheelchair accessible van anywhere for any reason

**When do you need to call?** Call at least 4 days ahead

**What number do you call?** 415-454-0964

**How much does it cost?** Under \$3 per ride

### **Catch A Ride Taxi (Marin Access)**

**What is it?** Discounted taxi rides, approximately the FIRST \$14 of a ride, \$18 if you are income eligible. Maximum 8 one-way, or 4 roundtrip rides per month

**When do you need to call?** At least 3 hours ahead of needed ride

**What number do you call?** 415-454-0902, press #3

**How much does it cost?** When you call, they will tell you how much the ride will be. Must pay cash.

**IN MEMORY . . .**



Sausalito Village member Noel Norton passed away peacefully on December 9. She will be remembered for her big heart and strong will. Noel is survived by her son, James Richard Mansfield Jr. (wife Lisa), daughter, Dana Norton (husband Jeff), step-daughter Anne Lupus (husband Paul), nine grandchildren, and six great grandchildren. Interment was private. A memorial service to celebrate her life will be February 3, at 2:00 pm, Sausalito Presbyterian Church. To read more about Noel, her life, and the service, please [click here](#).

## SPECIAL THANKS



Special thanks to the Floating Homes Association for their generous donation to Sausalito Village in the amount of \$2600 from the proceeds of their 2017 Open Homes Tour. Larry Clinton, President of the Association came to the SV Holiday Sing-Along to present the check to SV President

Tricia Smith. Larry announced that the floating homes event will be suspended in 2018, but hope to be back in 2019.

## **VOLUNTEER OPPORTUNITY: Be A Buddy**

We've all heard that, "it takes a village," and it's true! Each of us has something to contribute and each of us is needed. We are what makes Sausalito Village so special. This month's Featured Volunteer Opportunity is Be A Buddy, and there are several ways you can do this . . .

**Snail Mail Buddy:** While some of us haven't quite made it into the digital ages, we don't want to be completely left behind. Often, by the time snail mail (USPS mail delivered to your address) arrives, the event has already happened, or the notice is out-of-date. One way to keep folks informed, involved, and engaged is to pair them up with a Snail Mail Buddy. It's not a difficult job, and it doesn't take a lot of time. A Buddy might, for example, print and deliver the Monthly Newsletter to their Buddy. Simple!

**New Member Welcome Buddy:** Being the new person can be overwhelming and intimidating. Help welcome our newest members by becoming a Buddy. For the first weeks or months, invite your Buddy to attend events and classes. Be available for, "How do I..." questions. It can make all of the difference to your Buddy. And, who knows? You may make a lifelong friend!

**Buddy List Matching:** Help keep the Buddy system organized. Make sure that anyone who wants a Buddy gets paired up. Follow up with the Buddy pairs to make sure the lines of communication are open and working.

Be a Buddy is just one type of volunteer opportunity available at Sausalito Village. If you have an interest or expertise, and an hour or more to share, let's work together to see how to get you involved.

Everyone has something to contribute! Call the Sausalito Village Concierge at 415.332.3325, or email [concierge@sausalitovillage.org](mailto:concierge@sausalitovillage.org)