



Happy Wednesday, Villagers

Please [send along](#) your suggestions for materials to add to the daily tips. We're always looking for good content. And visit our [website](#) for more information about our organization and programs.

***Note: The Tips now has its own [email address](#) to forward ideas for content.
Please correct your email.***

Photo: Soothing Clouds Tennessee Valley by Harrie Schwartz

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Wednesday: [LEARN ABOUT PLANNED GIVING AND LEGACY FUNDS THROUGH MCF.](#) 10-11

Wednesday: [VILLAGE MOVIE GROUP SHOWING - LOVING.](#) 1:45-3:45

Wednesday: [Village Movie Group Discussion;](#) 4-5:15

The [SausalitoVillage Website](#) has information on COVID vaccinations and tests.



[To Stay or Go? Even With Vaccines, Travel Planning Remains Complicated](#)

Welcome to the next phase of travel: the post-vaccine era. Or maybe the mid-vaccine era is more accurate. Whatever you call it, planning couldn't be more confusing.

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The older we get the more important humor is. A strong link has been found between good health, longevity, and smiling. In one study on humor and aging, when asked to describe what constitutes successful aging, elderly subjects mentioned a sense of humor as one of the most important virtues. Research has shown that laughing stimulates several positive physiological changes in an older person's body. It releases endorphins, the feel good hormones. Laughing also lowers blood pressure and increases antibodies that boost the immune system. It relaxes muscles and provides pain relief.

A dose of humor also promotes good mental health and has a beneficial effect on some of the most common health concerns of aging. It decreases stress hormones like cortisol that impair short term memory and learning ability. Humor is also a great workout for the brain since interpreting a joke requires abstract reasoning.

inventive ways.

[From Humor and healthy aging](#)



TED's Top Speaking Coach Says These Are the 3 Biggest Zoom Mistakes People Are Still Making

You've been on Zoom constantly for over a year now and you're still probably making these mistakes



Stunning Winners of the Underwater Photographer of the Year 2021 Competition

Underwater photography takes patience, technical skill, and an adventurous spirit. This form of photography is practiced around the world and, every year, the best “under the sea” images are judged by the prestigious jurors of the [Underwater Photographer of the Year](#) (UPY) competition.

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Sausalito Ferry being demo'd

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For information about emergency preparedness and COVID resources, visit the continuously updated Sausalito Village [website](#).

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