



Happy Tuesday, 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.

Photo by Rayner Needleman

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

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WHAT'S HAPPENING

Tuesday: [Book Group](#). 4-5

Tuesday: [AUTHOR EVENT: JONATHAN MARSHALL](#). 5:30-6:30

Wednesday: [PICKLEBALL AT MLK COURTS - COME LEARN AND PLAY!](#)

2:15-3:15

Wednesday: [THE PAST, PRESENT AND FUTURE OF MARIN CITY GOVERNANCE](#). 7-8:30

Thursday: [ASHBY VILLAGE HOSTS: UNDERSTANDING PAIN THROUGH THE MIND BODY CONNECTION](#). 10:30-11:30

Thursday: [WORKSHOP: APPLE MUSIC AND ITUNES](#). 11:30-1

Thursday: [EVENING OF POETRY HOSTED BY THE SWC](#). 7-9



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Praktikos

Deepen your Meditation



Tibetan Singing Bowls & Universal Chants
Tonight, 5 PM & 7 PM, Pacific

For more information Email: Praktikos@outlook.com  



[Tiny Treehouses Are Meticulously Handcrafted Within Bonsai Trees of All Sizes](#)

Animator and artist [Dave Creek](#) sadly passed away after a skydiving accident in January 2021. A man of many talents, he was perhaps best known as the lead

within bonsai trees. In celebration of his work, we want to showcase these incredible handcrafted worlds.

[Carbon Monoxide Poisoning After a Disaster](#)

Carbon monoxide, or “CO,” is an odorless, colorless gas that can kill you.

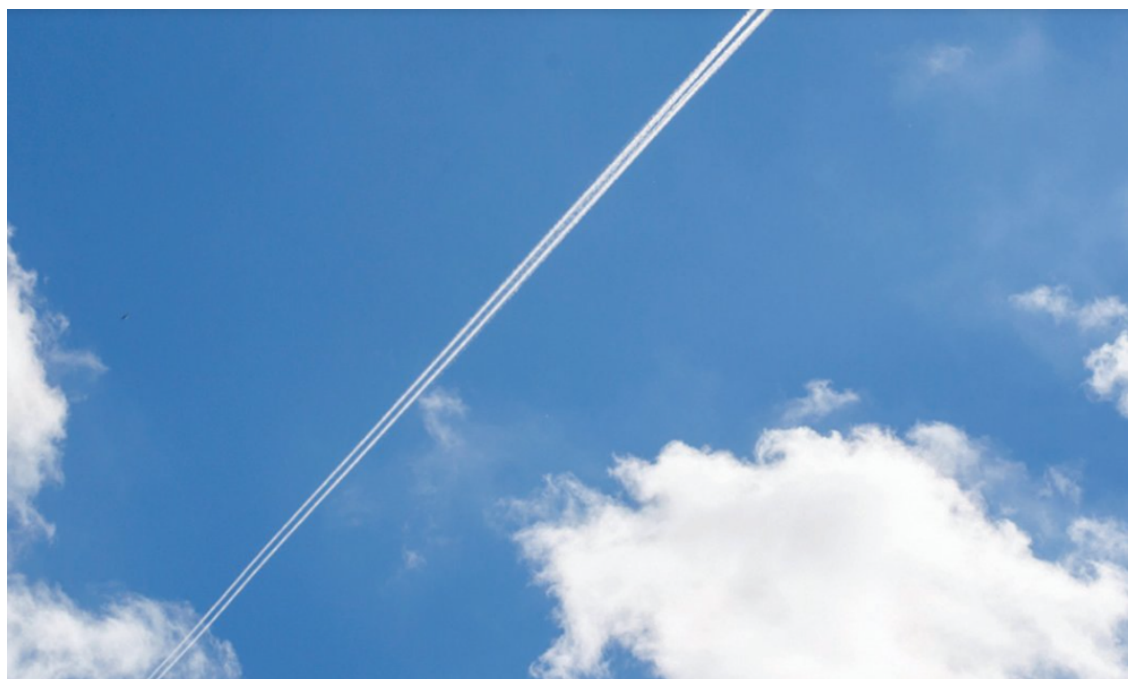
One of our SV members recently had a close call with carbon monoxide (CO) poisoning – luckily, her alarm went off, and she vacated the premises and got help!

We depend on alarms to warn us because CO is difficult to detect until it’s too late. As part of spring home maintenance, make sure that your carbon monoxide detector is working properly: check the batteries, test the alarm, and look at the expiration or manufacturing date.

Carbon monoxide detectors only last five to seven years, so it’s important to know when it’s time to get a new one.

If your carbon monoxide alarm goes off, leave immediately and call the fire department or PG&E for assistance.

For more information: <https://www.cdc.gov/co/faqs.htm>



I think the white trails left behind by jets are fuel exhaust. But my friends believe they are chemicals purposely ejected from the plane. What's the truth?



The annual Lyrid meteor shower is here! It's the shower that always breaks the *meteor drought* that happens each year from January through mid-April. There are no major meteor showers during that time.

The Lyrids are active each year from about April 16 to 25. In 2021, the Lyrids should pick up steam beginning late night Monday, April 19, and peak in the predawn hours on Thursday, April 22. The following morning (April 23) might be good too, if you're game.

By April, after the months of meteor drought, many meteor-watchers are itching to get going! So – even though it's considered a medium-strength shower that produces only 10 to 15 meteors per hour at their peak – the Lyrids are always welcome.

Around the Lyrids' peak, Vega rises – in the northeast – around 9 to 10 p.m. local time (the time on your clock, from all Northern Hemisphere locations). It climbs upward through the night, is fairly high by midnight, and is highest just before dawn. That doesn't mean you should rule out the late evening hours, though. Late evening might be the best time to catch an earthgrazer, which is a slow-moving and long-lasting meteor that travels horizontally across your sky.

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- Lyrid meteors radiate from near the bright star Vega in the constellation Lyra the Harp. You don't need to identify Vega or Lyra in order to watch the Lyrid meteor shower. The meteors radiate from there, but will appear unexpectedly, in any and all parts of the sky.
- Observe away from city lights.
- Don't expect too much. A wise person once said: Meteor showers are like fishing. You go. You enjoy the night air and maybe the company of friends. Sometimes you catch something.



Last Chance to Schedule Detect&Connect Workshops!

Detect&Connect is a workshop that teaches how to recognize mental health and dementia issues in older adults, in addition to teaching skills in how to communicate empathically in those situations. As AAI enters the final months of our Innovation grant-funded partnership with the Mental Health Services Act, part of Health and Human Services, we are working to make this important information available to everyone in Marin County.

There are two ways to access this workshop:

1. Contact us to host a own workshop for your business, organization, or community.
2. Register today to attend one of the county-wide workshops we are offering over the next four months. Dates below.

- [Thursday, April 22, 10am-12:30pm](#) (CBOs)
- [Tuesday, May 25, 4pm-6:30pm](#) (nonprofits)
- [Tuesday, June 22, 10am-12:30pm](#) (health sector)

Ellen Baxter at ellen@agingactioninitiative.org or (415) 914-4540.



Emergency preparedness for older adults

Wednesday, April 28, 10:30-11:45am

Information for your clients: In an emergency, being organized and ready to go is important! Reacting as quickly as possible under pressure takes advanced preparation. Get the best advice available geared for older adults and learn how to survive. Speakers include Maggie Lang, emergency preparedness coordinator for the Mill Valley Fire Department, and Quinn Gardner, emergency manager for the City of San Rafael.

Zoom info: <https://us02web.zoom.us/j/87522017040>

Meeting ID: 875 2201 7040

Dial by your location: +1 669 900 9128, 87522017040



[The Light and Fluffy History of Southern Biscuits](#)

Admit it: When you think of light, fluffy biscuits, you probably think of Southern food. And we get it. Biscuits just pair naturally with traditional Southern fare like [fried chicken](#), biscuits and gravy, and homemade jam.

IS THERE A DOCTOR IN THE HOUSE?



Telehealth & Bridging the Digital Health Divide

The **Marin County Commission on Aging** presents this special webinar designed to promote an understanding of Telehealth - the new normal – and what the County is doing to provide wider access throughout Marin.

During this webinar, you will:

- Learn about the emerging role of Telehealth in our lives today - and what it will look like in the future. Speaker: Ariana Myers, VP Health, Donisi

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- Understand from a Marin physician about the rewards and challenges of providing virtual care to patients;
- Hear about the virtual strategies the County has deployed to insure delivery of vital services during COVID-19. Speaker: Benita McLarin, Director of Marin Health & Human Services;
- Become aware of the challenges and inequities the digital divide has created in Marin, especially in terms of access to healthcare. Speaker: Dennis Rodoni, President, Marin County Board of Supervisors;
- Hear about “Digital Marin,” a project that’s already starting to bridge the county’s digital divide. Speaker: Liza Massey, Marin County Chief Information Officer.

Participation fee waived

For more information, email: TelehealthWebinar@gmail.com

Or check the Marin County Commission on Aging webpage at:

<https://www.marinhhs.org/boards/commission-aging>

To register for this event, [click here](#).



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