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# SAUSALITO VILLAGE

December 2018

NEWSLETTER

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**Small cheer and great welcome make a merry feast.**  
*William Shakespeare*



EVENTS

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Looking for the complete schedule of Sausalito Village events? [Click Here](#)

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**Age Friendly Sausalito Wins International Award  
from The World Health Organization**

*Submitted by: Sybil Boutilier*



**Top Photo:** Award received from WHO/GIA for Innocation@Home (from left): Diane Wu, World Health Organization, GIA Representative, Winner from Porto, Portugal, John Feather, GIA, Winner from Sausalito, USA, Winners from Barcelona, Spain.

**Left Photo:** AARP certificate present to Mayor Cox by Anne Hinton, AARP volunteer extraordinaire.

**Right Photo:** WHO technical meeting on Aging in Place - Quebec City, Canada

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Several months ago the World Health Organization (WHO) put out a call to all 700 cities across the globe that had joined the WHO's Global Network of Age

Friendly Cities and Communities, inviting them to send descriptions of any programs they had initiated to make it easier to remain at home as people grow older.

Multiple cities from 15 countries submitted entries which were then entered in an international Innovation@Home competition. Three winners were chosen by a distinguished international panel of judges.

**The Winners, announced late in October, are: Porto, Portugal; Barcelona, Spain; and Sausalito, United States!**

Age Friendly Sausalito and Sausalito Village have worked together over the last several years to make Sausalito one of the most age-friendly Cities in the world. And now, the world has recognized it!

Many SV Members will remember how this program came to be: a community workshop was held in the Edgewater room about two years ago when architect and SV Member Michael Sheats and City Building Inspector Kenneth Henry spoke about making accessibility modifications to our homes. A lively discussion took place - out of which came the idea for the Age Friendly Sausalito Task Force to work with the City to make building permits easier and cheaper to acquire so older adults can adapt their homes to their changing needs as they age.

Age Friendly Chair Sybil Boutilier and Michael Sheats worked diligently with the City for over a year to develop a policy and process, resulting in the Age Friendly Home Adaptation Building Permit, which waives or reduces permit fees for Sausalito Residents age 60 or older to encourage and support them to make their homes more accessible. *This program is quickly becoming a model recognized and copied far and wide.*

State Assemblymember Marc Levine learned about it and created a bill mirroring the Sausalito policy to change the Housing Code and authorize cities and counties throughout California to develop similar permit programs for older adults. Representing Age Friendly Sausalito, and working with her colleagues on the Marin County Commission on Aging, Sybil provided testimony for legislative hearings, and *the bill was signed into law by Governor Brown on September 14.*

Now, the Sausalito program is being promoted throughout California and Worldwide by the WHO, and their partner Grantmakers In Aging (GIA).

To receive the Award, Sybil was invited to attend a “Technical Meeting on Aging in Place” in Quebec City, Canada, where she represented the USA in three days of policy discussions attended by leaders in Aging Policy from 13 countries, representatives from the United Nations, and a First Nation Tribe, as well as several academic experts that produced recommendations for the WHO ‘s soon to be announced “Decade on Aging.”

**Sybil, Michael, and Kenneth will present the award plaque to the City Council at 7:00 PM, on Tuesday December 11<sup>th</sup>.**

Please come join us.

Congratulations Sausalito!

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**Sausalito Village / CARSS Holiday Party!**  
**Piano Sing-Along with Andy Dudnik**

Monday, December 17, 3:00 - 4:45 pm  
Chamarita Room, 501 Olima Street  
RSVP: 415.332.3325 (please leave a message)

Plan to listen or singalong to sounds of the season. Heavy appetizers and libations will be served. All members and volunteers are welcome - please bring a guest interested in learning more about SV or CARSS.

Raffle Prizes!

Please RSVP so we know how many to expect.

Park on the street - not in the resident parking lot.

**Need a ride? Call CARSS 415-944-5474 by the Friday before.**

**Photos from Past Holiday Celebrations - Please Join Us!**





## **HIKE MT. TAM**

**Tuesday, December 18, 10:00 a.m.**

Join hike leader Jackie Kudler for a walk just below the summit of Mt. Tam, along the beautiful Northside Trail, affording lovely views of a landscape dotted with lakes and wooded slopes. This is a 4 - 4.5 miles hike with a couple of small moderate-to-steep grades.

Meet at 10 AM, two miles past Rock Spring at the Lakeview-International Trail head. (Two

miles past Rock Spring parking area, past the Air Force Station on the way up to the summit, park in the wide shoulder on the right or left side of the road. You'll see the sign for the trailhead on the left. Allow about 45 minutes from Sausalito.)

Plan for a 4-4½ mile hike with moderate uphill and downhill. This should take approximately 2 ½-3 hours.

We will cancel in case of rain.

Pack water, snacks, and a light lunch.

Contact Jackie at [j77prospect@sbcglobal.net](mailto:j77prospect@sbcglobal.net) to RSVP and to sign up for a carpool.

If you think you only will join us for part of the loop, bring your own wheels, so you can turn back whenever you choose.



**TAKE CHARGE OF YOUR MEDICAL CARE**

*Submitted by: Joyce Alexander*

Taking care of our own or someone else's medical needs is complicated. This NY Times article has lots of important information and helpful tips to help you be more prepared.

[Read It Here](#)

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## **Caregiver Stress + The Holidays How to Get Some Relief**

*Submitted by: Tricia Smith*

[The Family Caregiving Alliance](#) has some tips for caregivers, particularly those caring for a loved one with cognitive impairment. This article is reprinted in part from their website.

For many caregivers the holiday season gives rise to stress, frustration and anger, instead of peace and good will.

Caregivers may feel resentful towards other family members who they feel have not offered enough assistance. Managing care for someone who has a cognitive impairment may leave caregivers feeling that they will not be able to participate as fully as they would like in family gatherings. Already feeling overwhelmed with caregiving tasks, stressed-out caregivers may view traditional holiday preparations as more of a drain of precious energy than a joy.

Following are some suggestions that may help make the holidays more enjoyable for you and your loved ones. Keep in mind that the holidays can, in fact, provide unique opportunities to seek better communication, connection and support from family and friends.

#### An opportunity for communication

It's hard to know how much to communicate about a loved one's decline in cognitive functioning and personal care needs. Whom do you tell? How much do you tell?

Although it is understandable to have reservations about discussing a loved one's impairments, honest communication about the realities of the caregiving situation offers others the opportunity to respond with assistance. Sharing the truths of your situation may help reduce some of the feelings of isolation and lack of appreciation common in caregivers.

#### Holiday greetings and a brief note

Some caregivers have had success in writing a brief note describing the person's condition and enclosing it in a holiday greeting card. This can be a nonthreatening way to inform distant or uninvolved relatives about the realities of the caregiving situation. If written in a tone that's not accusatory or guilt-inducing, family members may be more forthcoming with assistance or, at least, have a better understanding of the effort you are putting into providing care.

#### Let sleeping dogs lie?

It is common for caregivers to be disappointed with family members who they feel are not "pulling their weight" in caregiving responsibilities. If this holds true for you, and your goal is to enjoy the holidays, you must decide how much and when to communicate this disappointment. Consider clearing the air before the

holidays or perhaps resolve within yourself to put those feelings on hold, with the intention to discuss the matter after the holiday season passes. In the meantime, enjoy the holiday!

[READ THE ENTIRE ARTICLE...](#)

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**Joy is what happens to us when we allow ourselves to recognize how good things really are.**

*Marianne Williamson*

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A graphic with the words "Happy Birthday" written in a red, cursive, handwritten-style font. The word "Happy" is on the top line and "Birthday" is on the bottom line. Three small red stars are positioned to the right of the word "Happy".

**CELEBRATING EVERYONE HAVING A BIRTHDAY IN DECEMBER!**

Lucy Alderman

Lucille Arenson

Larry Dark

Bill Finn

Anselm Galley

Sandra Gary

Joann Goldschmidt

Robert Haslam

Kayla Kahn

Susan Moeller

Barbara Rycerski

Margot Senter

Bill Sharpe

Liz Small

Betsy Stroman

Elizabeth Terplan

Lori Villars

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**PLEASE JOIN US ON [FACEBOOK](#) TODAY!**

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Special Thanks to Sherrie Faber and First California Realty for printing and mailing this newsletter to Sausalito Village members who cannot receive email. If you would like to discuss your real estate needs, Sherrie can be reached at 415.331.6100



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