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Photo overlooking Sutro Baths

Send your Bay Area photos to SausalitoVillageTips@gmail.com

Happy Friday, Villagers

And welcome to the our weekly Sausalito Village newsletter, a mix of local news, features, jokes, pictures, and information on events from around the village, virtually, and around the world. Please send your contributions by 10 am Thursdays to:

SausalitoVillageTips@gmail.com

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What's on the calendar?

Sausalito Village has a calendar full of events, most open to the entire community. Please take a moment and peruse the listings! [CLICK HERE](#)

Here are a few highlights:

Louise Aronson on End of Life Care at the End of Life and Dignity in Death - May 16
Fire Extinguisher Check, Refill or Purchase - May 22
In Person Sing Along/Concert - May 23



CARSS/Sausalito Village Will Pick Up Your Donations And Deliver to WHAP

Clean out your home and allow your items to be recycled and reused by local Marin City residents, who will receive them free of charge.

SV/CARSS Volunteer, Kathleen Maher will pick up your items Monday-Thursday 11am - 2pm at your home (Sausalito/Floating Homes) and take them to WHAP (Women Helping All People) of Marin City.



Types of items accepted include:

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Lightly used clothing for men, women or children

Kitchen and household Item

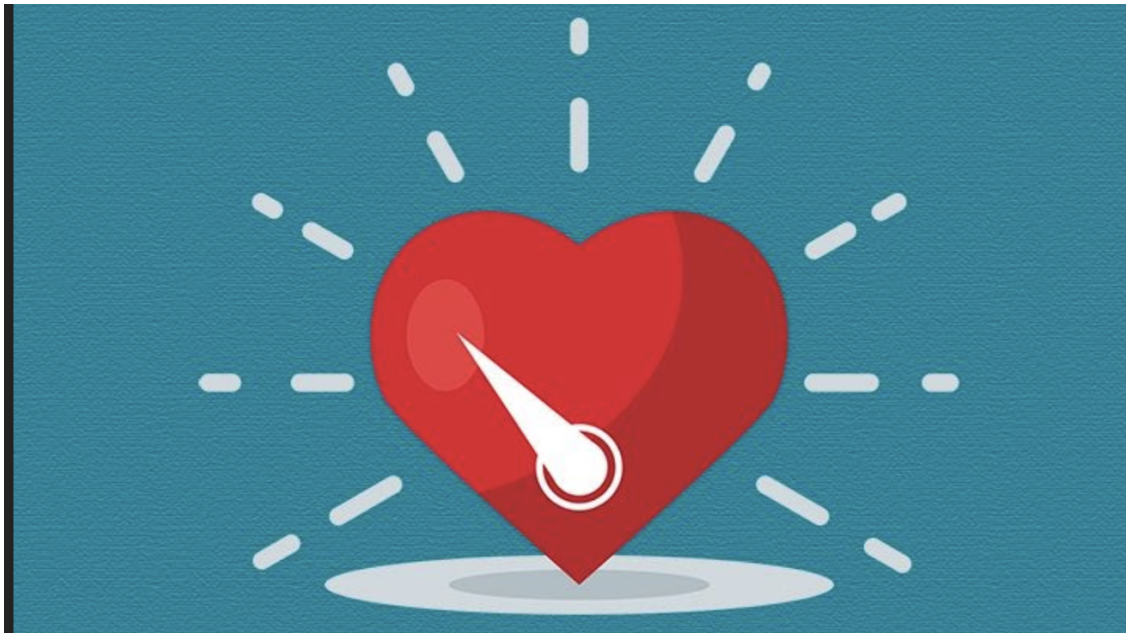
Clean and lightly used toys

Unopened toiletries

**Request your pick up through CARSS at 415-944-5474 or
InfoCARSS4You@gmail.com**

More information about WHAP: WHAP website:

<http://www.mcwhap.org/services.html>



8 Surprising things That Can Raise Your Blood Pressure

Read entire story and details of each cause in AARP Magazine [HERE](#)

People who watch their blood pressure are generally familiar with the more common factors that can cause their numbers to spike — salt and stress, for example.

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...ere, too, and can take non-intentional efforts to lower [high blood pressure](#), or hypertension, a condition that affects nearly half of U.S. adults.

Here are eight surprising things that can send your numbers soaring. Click [HERE](#) to read the full details of each item.

- 1. Sleep apnea**
- 2. Air pollution**
- 3. Black licorice**
- 4. Alcohol**
- 5. Common medications**
- 6. Added sugar**
- 7. Smoking**
- 8. Another health condition**

Don't forget about the usual suspects

It's important not to overlook the biggest drivers of high blood pressure in the U.S., chief of which is weight. If you're overweight, losing even a few pounds can have a big impact on blood pressure — you can reduce your numbers by 1 mm Hg for every 2.2 pounds you lose, according to the Mayo Clinic.

And don't discount your diet. Americans consume, on average, about 3,400 milligrams (mg) of sodium each day, the majority coming from packaged foods and restaurant meals. That number should be closer to 1,500 mg, the American Heart Association says.

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Dr. Louise Aronson Speaks on *End of Life Care at the End of Life and Dignity in Death*

Monday, May 16, 2022

4:00 p.m. to 5:30 p.m.

Campbell Hall, 70 Santa Rosa Ave, Sausalito

Register at: <https://sausalito.helpfulvillage.com/events/3346>

or go to the website sausalitovillage.org under Events

Is it different to die in old age, particularly in advanced old age, than to die earlier in life? Should it be? Our chances of dying increase with each year we live and, thankfully, most Americans die in elderhood, not childhood or adulthood.

Yet the facts of death in old age speak to different standards of care and attention to dying for older people, even as our country purports to have a single, universal approach. Polls find large gaps between what people want at the ends of their lives and what they get. Many of the recent “advances” in care for the dying – from

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can we through our words and assumptions about who and what is worthwhile to help provide people with dignified deaths?

Dr. Louise Aronson has prepared a special talk for Sausalito Village, combining two major topics: *End of Life Care at the End of Life* and *Dignity in Death*.

This presentation is part of the Sausalito Village program, Being Mortal 2.0. co sponsored by the Sausalito Library

Dr. Louise Aronson, MD MFA, is a leading geriatrician, writer, educator, professor of medicine at UCSF and the author of the New York Times bestseller and Pulitzer Prize finalist *Elderhood: Redefining Aging, Transforming Medicine, and Reimagining Life*. Her writing credits include the *New York Times*, *Atlantic*, *Washington Post*, *JAMA*, *Lancet*, and the *New England Journal of Medicine*, and she has been featured on NPR's Fresh Air, TODAY, CBS This Morning, NBC News, and the New Yorker. More information can be found on her website: <https://louisearonson.com>



French astrophotographer [Thierry Legault](#) captured the full Moon rising under one of the most famous monuments in Paris, the Arc de Triomphe.

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Pearls of Wisdom From the Muppets

After six decades in the spotlight, the Muppets continue to shine. Their message of friendship, love, and laughter is as relevant today as it has ever been. Here, we've collected 10 of our favorite quotes from the Muppets, but before we open up the floor, we'll leave you with a quote from their uniquely talented creator, who passed away in 1990: "If you care about what you do and work hard at it, there isn't anything you can't do if you want to."

Just because you haven't found your talent yet, doesn't mean you don't have one.

— *Kermit the Frog*

Opportunity just knocked / Let's reach out and grab it /
Together we'll nab it.

— *Fozzie Bear and Kermit the Frog*

It's nice to be important, but it's important to be nice.

— *Kermit the Frog*

I don't care what you think of me, unless you think I'm
awesome. In which case you are right.

— *Miss Piggy*

It's nice to be important, but it's important to be nice.

— *Kermit the Frog*

Be thankful for the bad things in life. For they opened our
eyes to the good things you weren't paying attention to
before.

— *Kermit the Frog*

Sooner or later, you gotta believe in yourself, too, because
that's what growing up is. It's becoming who you want to be.

— *Gary*

Never worry about failure. It's gonna happen. But that's OK:
Go ahead, take chances... and you might just find that what
feels like failure isn't failure at all, it's what inspires you to
dream even bigger.

— *Kermit the Frog*

Beauty is all about loving who you are. And if you have a
problem with that, may I suggest you try loving who I am?

— *Miss Piggy*

Life's like a movie, write your own ending...

— *Kermit the Frog*

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Most asked questions by teenage girls in the 1960's

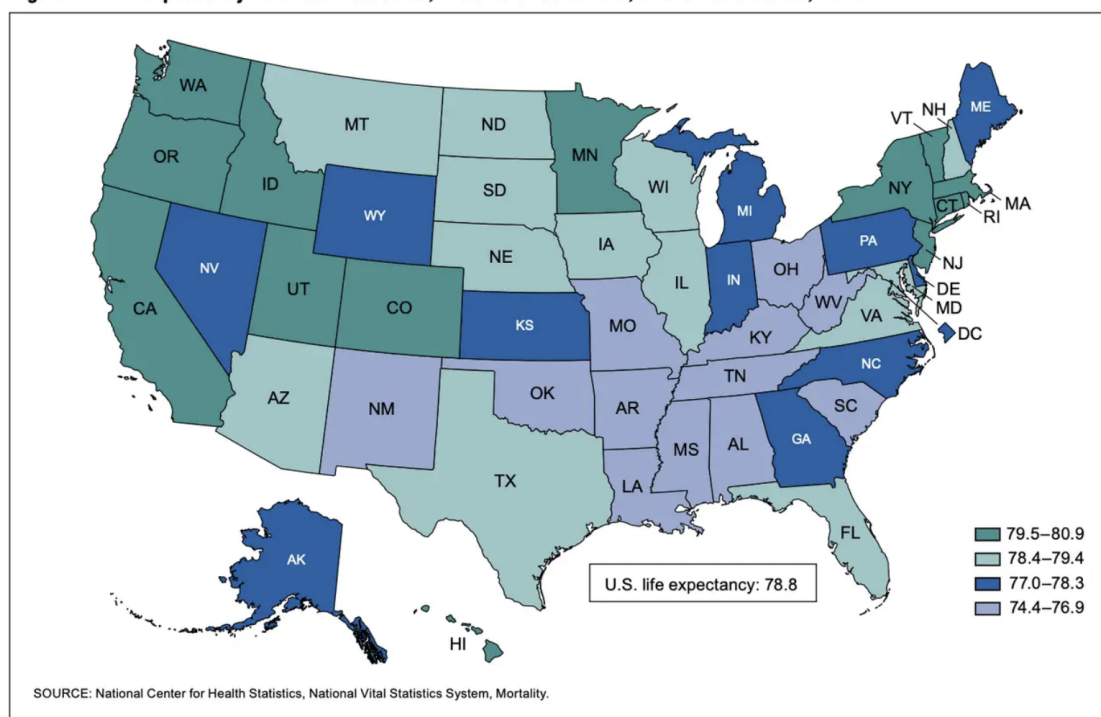


Did You Know? Elephants are Matriarchal

Unlike [gorillas](#), [wild turkeys](#), and [many other male-dominant species](#), elephants are [matriarchal](#). The leader of each herd (the group is also sometimes known as a [memory](#)) tends to be the oldest and largest female around. She has a lot of responsibility — a herd can consist of anywhere from [eight to 100](#) elephants, and include many calves that the entire group looks after. Elephants aren't the only matriarchal

Other animals are [led](#) by females. Killer whales, in fact, stay with their mothers their entire lives.

Even so, patriarchies are far more common. Of the 76 non-human mammals analyzed in [one study](#), the vast majority were led by males. Whether a species is matriarchal or patriarchal depends on a variety of factors, including physical strength, longevity, and the social bonds they form with one another. Female hyenas are stronger than their male counterparts, for instance, [whereas](#) “elephant females are born to leadership” in part because they’re better at remembering the location of water and other vital resources, according to Cynthia Moss of Amboseli Trust for Elephants.



Map Reveals Your Life Expectancy Depending On The State You Live In

- Life expectancy data from 2019 showed a national average of 78.8 years.
- Hawaii had the highest life expectancy, at 80.9, and Mississippi had the lowest at 74.4.



Older Adult Mental Health Awareness Day

Monday, May 16

7:00am-2:00pm (Pacific)

5th Annual Older Adult Mental Health Awareness Day

The 2022 Nation Council on Aging's virtual Older Adult Mental Health Awareness symposium is designed as a public discussion on the topics of mental health and aging, specifically related to the prevention, treatment, and recovery support options and solutions for older adults with mental health or substance use disorders.

[The agenda features a diverse array of topics](#) with a focus on trauma-informed care, resource navigation, understanding and preventing suicide, peer support systems for older adults, substance use, grief and loss, and the intersection of the social determinants of health and mental health.

Learn more and register [HERE](#)

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Sausalito Village & The Sausalito Woman's Club Invite You To

**Sing Alone,
Sing Along, or
Just Enjoy the
Singing**

- **Solos & Duets encouraged**
- **Sing Alongs with words projected**
- **Andy Dudnick on piano**

Date:

Every 4th Monday

Time:

3:00-3:30 Socialize

3:30-4:30 Sing

Place:

Campbell Hall

70 Santa Rosa Ave.



Questions? Email SausalitoVillageRSVP@gmail.com

Rides available to all Sausalito seniors with CARSS

(Call A Ride for Sausalito Seniors) 415-944-5474

**RSVP so we can prepare for drinks/food and
chairs: [HERE](#)**

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Marin County Commission on Aging Forum

On the Road to 100! Meeting the Challenges of Longevity
Master Plan for Aging 5th Bold Goal:
Affording Aging

Thursday, May 26th, 2022, 10:00 a.m. – 2:00 p.m.

The Key Room, Homeward Bound

1385 North Hamilton Parkway, Novato, CA 94949

Lunch provided by the Chefs at the Fresh Starts Culinary Academy

We must act now to meet the challenges of living longer!

Aging is changing and it is changing California. By 2030, one quarter of the state's population, 10.8 million Californians will be older adults.

The policies and investments we make today determine our future no matter where we are along the continuum of aging.

Health care is not paying for the cost of aging and housing models have not kept up. Older adults are running out of money in their 60's and 70's and living to their 80's and 90's.

Join us and help create a future that realizes the potential of living longer for generations to come.

Our speakers are:

- Susan DeMarois, Director, California Department of Aging
- John Newman, MD, PhD, Buck Institute
- Patti Prunhuber, Senior Attorney, Justice in Aging
- Fernando Torres-Gill, Ph.D., Professor of Social Welfare and Public Policy, UCLA, Adjunct Professor of Gerontology

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Register and Purchase Tickets (\$25 OR scholarship) [HERE](#)

If you need a scholarship, please call 415.987.7023



Smithsonian Institute Decides to Return Looted Items

The Smithsonian started the process of reexamining their unethically acquired items last year—a fact they address in a [statement](#) posted on their website:

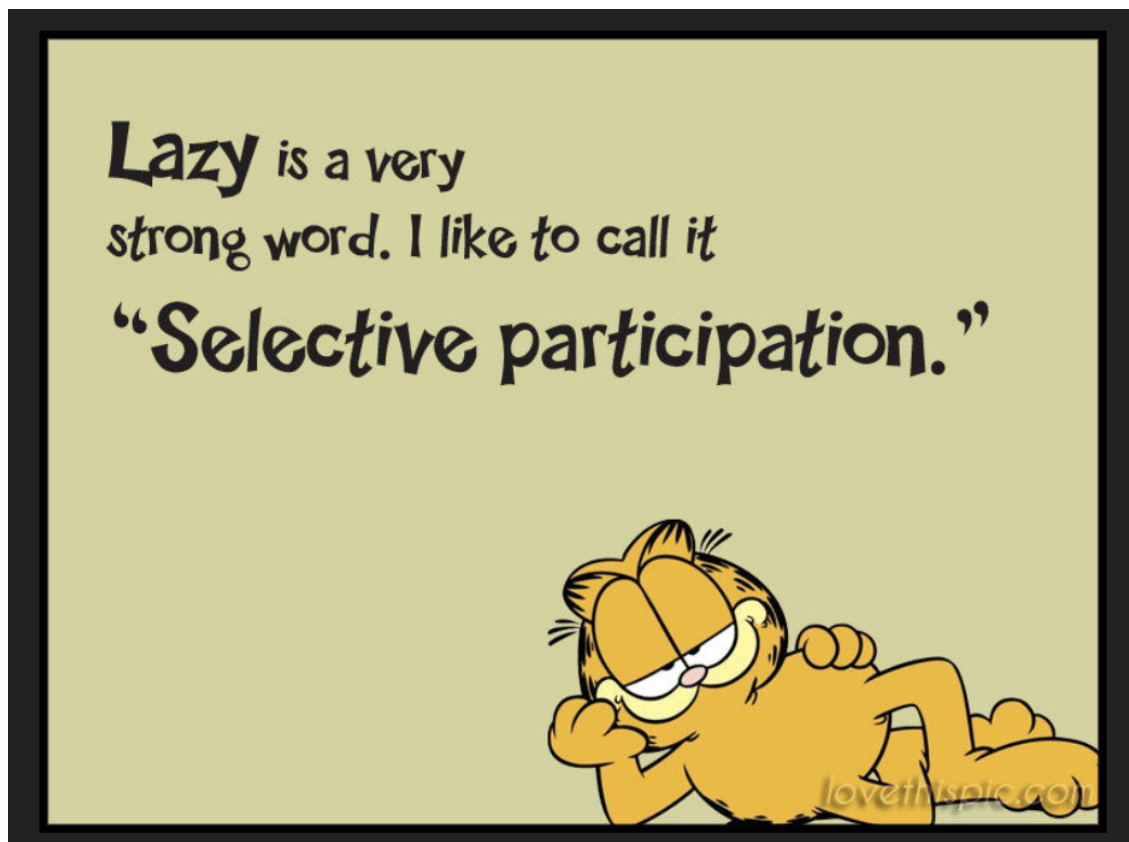
“In 2021, a group of Smithsonian curators and collections specialists considered whether the Smithsonian should develop a formal policy that would allow shared stewardship arrangements and the return of collections based on ethical considerations. The group’s recommendation, now adopted as policy, authorizes Smithsonian museums to return collections, in appropriate circumstances, based on ethical considerations.”

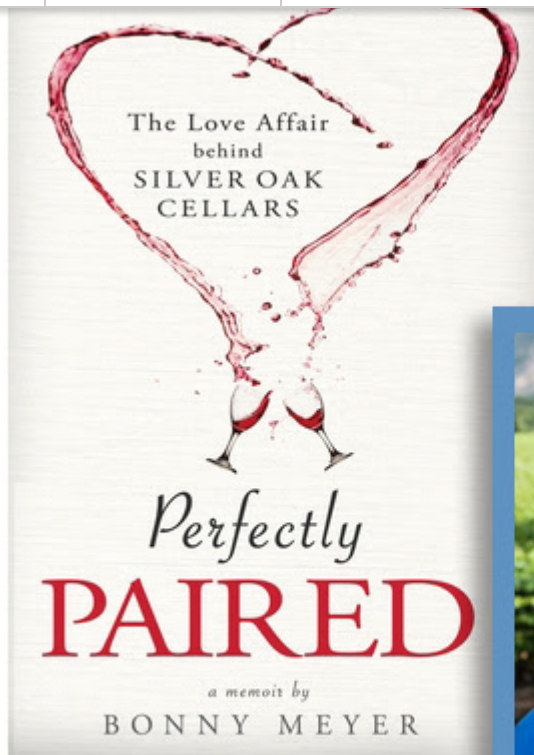
The policy is effective in all of its 20 museum sites, including the National Zoo.

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to evaluate policies about the honorable return of items from its collections. According to its revised values statement, Smithsonian leadership acknowledge the difference between legal and normal guidelines when receiving and displaying items.

Read entire article on Yahoo Life [HERE](#)



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'Books by the Bay' Upcoming Event

Bonny Meyer shares *Perfectly Paired* & Her Favorite Wines

May 19th, 6pm

Books of the Bay, 100 Bay Street, Parking spots available at the bookstore

Come meet local author, Bonny Meyer, who co-founded Silver Oak Cellars with her wine legend husband Justin Meyer. Her memoir is an intimate portrayal of their love affair which infused Silver Oak with its remarkable wines. It is also a insightful and moving account of the making of one of Napa Valley's most iconic wineries. Buy the book and enjoy tasting Bonny's favorite wines – including Meyer Family and Silver Oak Cabernets.

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CARSS Program

(Call A Ride for Sausalito Seniors)

CARSS (Call a Ride Sausalito Seniors) is a City of Sausalito Age Friendly Program for residents of Sausalito and the floating homes community, who are 60 and older. CARSS is managed by Sausalito Village with one goal in mind – to keep older residents connected to the community and safe as they age.

CARSS provides:

- **Free Rides around Sausalito and Marin City.**
Volunteers can also do errands.
- **Service available Monday, Wednesday and Friday between 10am–2pm.**
- **Schedule a Ride/Errand a day ahead or the same day. Need a ride at other times or days just call 48 hours before.**
- **Rides/Errands provided by vetted volunteers with their cars.**
- **Masks and proof of vaccination are required.**

RIDE FOR FREE WITH CARSS!

For more information go to www.carss4you.org or call **(415)944-5474** or infocarss4you@gmail.com

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Join Rayner every 1st and 3rd Monday of the month live (on zoom) at 11am.
See Sausalito Village website calendar (www.SausalitoVillage.org) to RSVP for the zoom link.
Make sure to enjoy Rayner's Youtube classes on the other weeks.

Stretch & Strengthen with Rayner



Flowers that attract hummingbirds – 10 of the

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Include flowers that attract hummingbirds in your planting plans and you can enjoy the sight of these brightly feathered little hovering birds alighting on the blooms in your own back yard.

There are about 15 species of hummingbirds that live or visit the United States, and which can be encouraged to come and feed off the nectar rich flowers in your garden as part of your wildlife garden ideas.

The key to choosing plants hummingbirds will be drawn to, is to go for those that are brightly-colored and have the physical characteristics that suit these little amazing avians. Dot these throughout your flower bed ideas and then let nature do the rest.

1. BEARDTONGUE – PENSTEMON
2. BEE BALM – MONARDA
3. BLUE LOBELIA – LOBELIA SIPHILITICA
4. CARDINAL FLOWER
5. COLUMBINE – AQUILEGIA
6. CORAL HONEYSUCKLE – LONICERA SEMPERVIRENS
7. JEWELWEED – IMPATIENS CAPENSIS
8. RED BUCKEYE – AESCULUS PAVIA
9. SCARLET SAGE – SALVIA SPLENDENS
10. PETUNIA

View photos and read entire article on HomeandGardens.com [HERE](#)

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4 hours of 1940's music



***For information about our programs, events,
emergency preparedness, COVID resources,
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newsletters, visit the continuously updated
Sausalito Village [website](#).***

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