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'Sitting on the Dock of the Bay' by Mary Ann Coral

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 for SV hosted events in the coming 2 weeks:

- October 22 - Art sale of Jennie Wasser's estate
 - October 24 - Special Stretch and Strengthen class with Rayner
 - October 24 - In Person Sing Along
 - October 30 - Fire extinguisher exchange/refill Event
 - October 30 - Next Line Dancing Workshop at City Hall
 - October 31 - SV Trip to see Marin City exhibit at Civic Center
 - November 4 - SV hosts ESCOM presentation
 - November 8 - Rides to election polls by CARSS
-



Estate Sale of Jennie Wasser's sculptures and paintings

OCTOBER 22, 10am - 2pm

Over 150 pieces of fine art priced to sell

Longtime SV Member, Jennie Wasser, was a prolific local artist best known as the sculptor of the beautiful bronze mermaid located on Bridgeway by the Shell Station.

Last spring, Jennie died unexpectedly and now her original sculptures and paintings will be sold. All will be priced to move - everything must go.

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Finger foods and drinks will be donated by Sausalito Village and available while you shop.

LOCATION: 203 Third Street between Main and Richardson,
Sausalito

DATE: Saturday, October 22nd, 10am - 2pm



[CLICK on the photo to view the slideshow](#)

Enjoy the photo slideshow from the 1st Annual SV Emergency Preparedness Ice Cream Social held on October 18th. Special thanks to Lappert's Ice Cream and to our co-chairs, Claudia Brown and Lee Follett and to all of our incredible volunteers, where would we be without you?



Scientists identify the best way to take a pill

Excerpted from BrighterSideNews

When you have a headache and reach for the pain reliever, you're probably not thinking about your body position when you take the pill. But a new Johns Hopkins University study finds your posture can make a big difference in how fast your body absorbs the medicine, and the wrong posture can delay how fast the medicine is broken down and absorbed—by as much as an hour.

The findings are based on what's thought to be the first model to simulate the mechanics of drug dissolution on a human stomach.

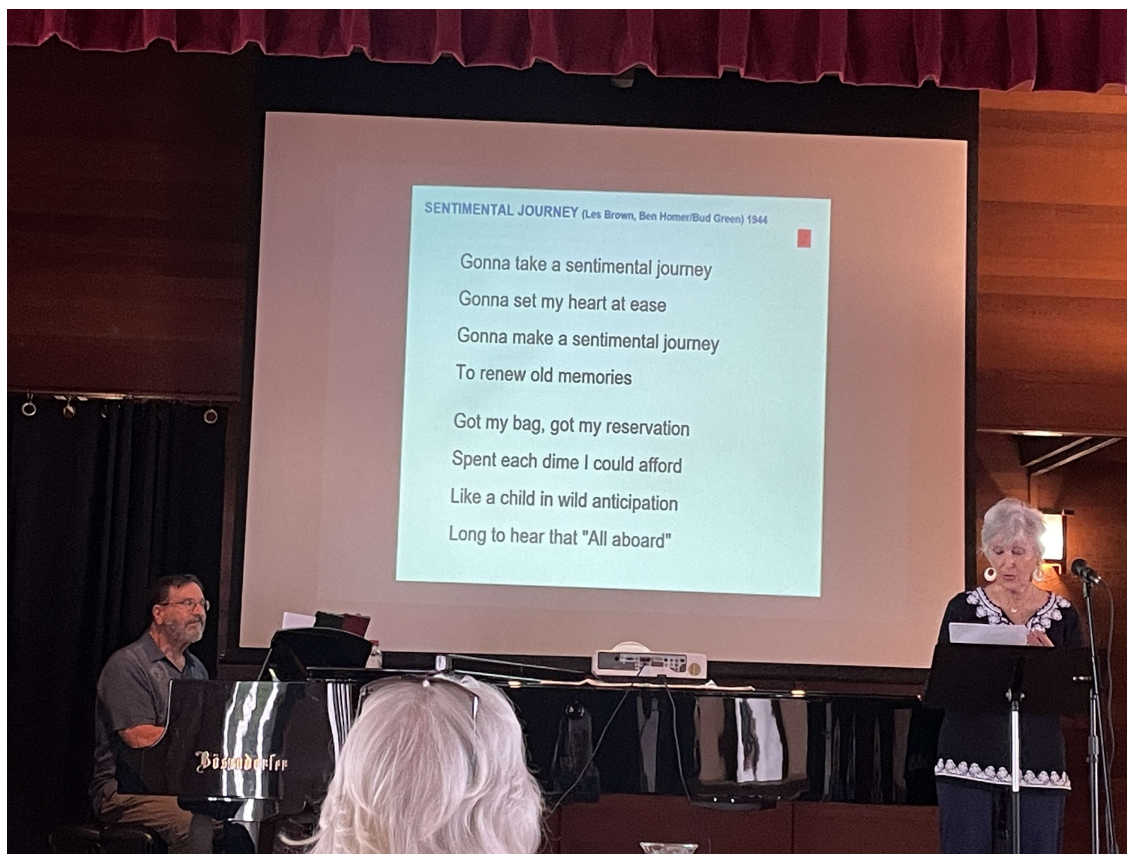
Most pills do not start working until the stomach ejects their contents into the intestine. So the closer a pill lands to the lower part of the stomach, the antrum, the faster it starts to dissolve and empty its contents through the pylorus into the duodenum, the first part of the small intestine. If you're aiming a pill for this part of the stomach, posture is critical to both gravity and the natural asymmetry of the stomach.

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was by far the best, sending pills into the deepest part of the stomach, to achieve a dissolution rate 2.3 times faster than even an upright posture. Lying on the left side was the worst.

The team was very surprised to find that if a pill takes 10 minutes to dissolve on the right side, it could take 23 minutes to dissolve in an upright posture and over 100 minutes when laying on the left side.

Read the entire article [HERE](#)



OOPS! Wrong date was reported in the Member email, sorry! Here is the correct information:

IN-Person Sing Along is back October 24th!

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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

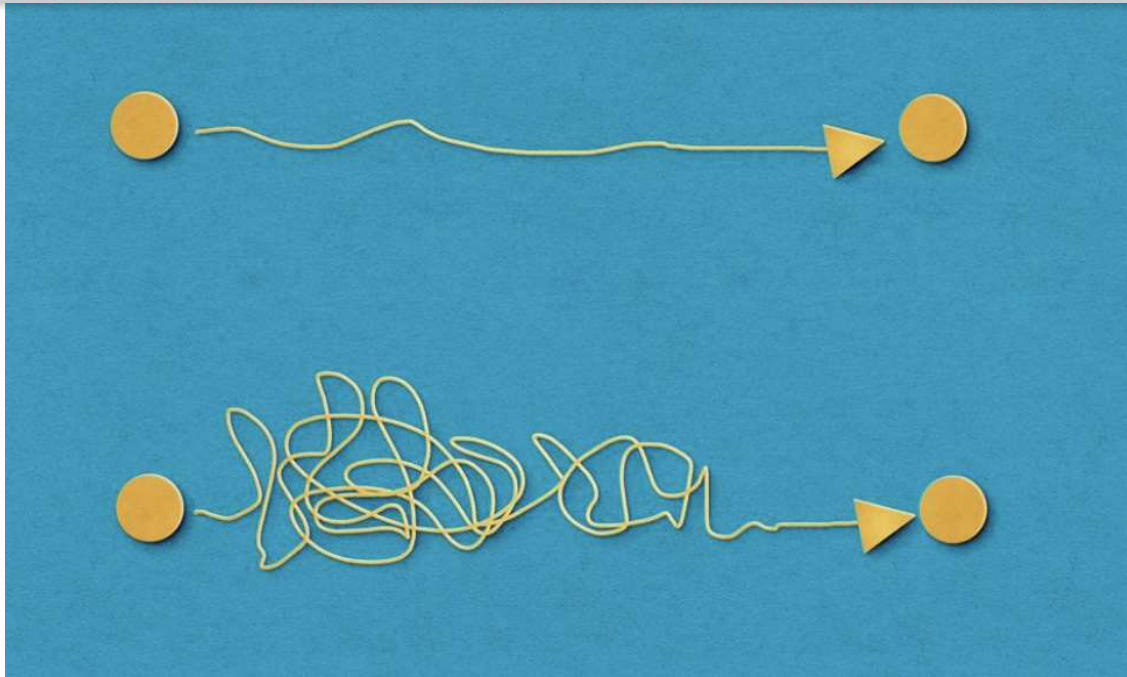
70 Santa Rosa Ave.



Questions? Email SausalitoVillageRSVP@gmail.com

Rides available to all Sausalito seniors with CARSS

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



Pitfalls Of Perfectionism: Letting Go And Finding Freedom In Achieving Excellence

Excerpted from Forbes.com

Perfectionism is on the rise, according to Psychologist Dr. Thomas Curran. Setting unrealistic standards and then failing to meet them creates a cycle of negativity. It can lead to feelings of low self-esteem and can have a negative impact on mental health. People feel anxious or depressed when they think they are failing to achieve their goals, however unrealistic they may be.

In order to get past the perfectionist mindset, we need to allow ourselves to fail.

Failure is a part of learning and growth.

Perfectionists can struggle with moving on as they tend to internalize their failure and blame themselves. They can be hypersensitive to criticism and, as a result, fail to learn from their mistakes. People who are successful understand that failure is an inherent part of learning and growing. We need to take time to check in with ourselves and listen to our internal voices. Is it a critical, nagging voice or is it an empathetic, understanding voice? Make sure you are talking to yourself in the same way you would talk to a co-worker.

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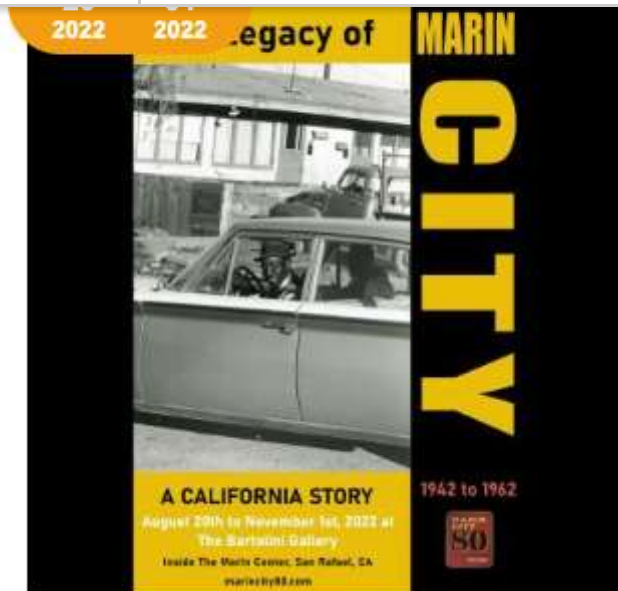
As Churchill said, we can't progress if we are paralyzed by our fear of making a mistake or not achieving perfection.

How can we avoid falling into the perfectionist mindset? It helps to set goals that are realistic and achievable, then measure excellence by your progress toward those goals. Excellence becomes a process as opposed to an (un)achievable end in itself.

You can also change your views on failure from something negative to something normal and helpful for growth. When we share our failures with others in an accepting environment, we create a culture that supports vulnerability and promotes camaraderie.

If we can normalize failure and not internalize it, we can move from a mindset of striving for perfection to achieving excellence. So give yourself, your employees and your loved ones the freedom to grow and achieve excellence by letting go of perfectionism.

Read entire article [HERE](#)

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SV Trip October 31st - Legacy of Marin City exhibit, option of lunch

WHEN: Monday, October 31st, 10am

WHERE: Depart in carpools at Dunphy Park at 10:15am to drive to the Marin Civic Center

Join other Sausalito Village members and volunteers for a trip to see the exhibit "The Legacy of Marin City" at the Bartolini Gallery at the Marin Civic Center. On the 80th anniversary of Marin City, this exhibit features memorabilia of Black shipyard workers with a virtual-reality experience, soundtrack listening stations and historical knowledge around housing discrimination. See more about the exhibit below. It closes on November 1- last chance!

We have paired this trip with the OPTION of lunch at The Village at Corte Madera shopping center. If you would like to return straight to Sausalito, we will have a driver available.

Click [HERE](#) for details and to register for the trip.

Click [HERE](#) to see a news clip about the exhibit



How often should you wash your jeans?

Excerpted by Readers Digest

First things first: Generally speaking, you shouldn't wash your jeans after every wear. It's not necessary, and it can actually cause them to break down faster. Instead, a good guideline is to wash them between every three to ten wears. Determine the exact day to wash "based on how they feel, look and smell," says Rowan Page-Brennan, marketing coordinator for Indigo Wild, the maker of Zum laundry soap. And, of course, if they're covered in mud, food, motor oil or whatever else, wash them pronto, utilizing these tips on the best ways to get rid of stains.

The main issue, aside from spills and stains, is sweat, which means the weather and your activity level will play a role in how often you wash your jeans. Here's a good rule of thumb: If you're not sweating in them and they smell clean, it's OK to hold off. The moment your nose alerts you to an issue, it's time to wash them, even if you've only worn them once. An odor means that bacteria is percolating in your pants, and it can eat away at the fabric. Plus, that isn't great for your skin either.

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particular, will affect the fit, so it boils down to personal preference. “Rigid denim will open up and loosen slightly with wear, so some people like to wash their rigid denim after a few wears to tighten the weave,” says Sarah Ahmed, co-founder and chief creative officer of DL1961. “On the other hand, stretch denim is made to retain its shape even after many wears, so the only reason you would wash your stretch denim jeans is if they were dirty past the point of spot cleaning.”

There’s a small group of people—including Levi Strauss CEO Chip Bergh and Posh Spice herself, Victoria Beckham—who say they never wash their jeans. They wear them on repeat until they get tired of them, and hang them to air them out. Others swear by freezing them, placing them in a zippered baggie and letting them “cook” for 48 hours in the freezer to clean them.

Read the entire article and HOW to wash your jeans [HERE](#)

[Subscribe](#)[Past Issues](#)[Translate ▼](#)A blue poster for 'Mission Ukraine' with yellow text. It features four photographs: a group of people, a family, a large crowd, and a street scene. The text on the poster includes the title 'Mission UKRAINE', a subtitle 'A Humanitarian After Action Report', a paragraph about a Sausalito couple's trip to Poland, an invitation to a multimedia discussion, a list of topics, and event details for Wednesday, October 26.

Mission UKRAINE

A Humanitarian After Action Report

In the summer of 2022, a Sausalito couple traveled to Poland and volunteered with World Central Kitchen feeding refugees from war torn Ukraine.

Join us for a multimedia discussion of their life-changing efforts led by Emmy Award winner Mike Cerre, former foreign correspondent for ABC News Nightline.

Mike will lead a discussion and visual review of Jerry and Laurel Spolter's month-long experience with:

- World Central Kitchen operations
- Refugee & Poland border processing activities
- Refugee human interest stories
- Diversity of volunteer efforts
- Ongoing needs for humanitarian support

Wednesday, October 26
5:30 PM - 6:30 PM
Sausalito Center For The Arts
750 Bridgeway, Sausalito

Hear all about SV Members, Jerry and Laurel Spolter's trip to the Ukrainian refugee border of Poland this Wednesday

Click for free tickets: Free

Tickets: <https://www.eventbrite.com/e/mission-ukraine-after-action-report-tickets-444300814697>



Why Am I So Forgetful? How to Improve Your Memory and Remember Almost Anything

Excerpted from Entrepreneur

"Nearly everyone struggles with some form of memory loss before reaching middle age," says Gary Small, MD, Chair of Psychiatry at Hackensack University Medical Center and author of *The Memory Bible: An Innovative Strategy for Keeping Your Brain Young*.

In a nationwide Gallup poll of 18,552 U.S. adults 18 and older, researchers found that about 14% of the youngest group (ages 18-39) complained about their memory.

To understand why we forget things, it helps to understand how we remember them in the first place.

"Memory has two major components: learning and recall," explains Dr. Small. "You got to get that information into your brain, and you have to be able to retrieve it."

"If you're not focusing your attention, you're never gonna get that information into your brain," Dr. Small says. "We are constantly bombarded with more and more incoming data. This often results in information overload that likely decreases the percentage of stimuli that enter our short- and long-term memory stores."

Unhealthy lifestyle choices are another major factor in memory loss.

also affect our brain health, according to Dr. Small. "They cause your brain to prematurely age."

While many of us struggle with forgetfulness, there are effective ways to get our memory back into fighting shape.

Look, Snap, Connect

Dr. Small suggests a memory skill he and his former colleagues at UCLA developed called "Look, Snap, and Connect."

Look: First, slow down, notice, and focus on what you want to remember. Take in all the details and meaning, such as a new face, a conversation, or directions to a new location.

Snap: Create a mental snapshot of what you want to remember. The brain has a natural ability to remember things visually, so leverage that. Say, for example, you're meeting someone for the first time and want to remember them. A mental snapshot might be their hairstyle or their smile.

Connect: Link up those mental snapshots to be remembered in a chain, starting with the first image, which is associated with the second, and so on. If you meet someone named Harry and notice he has a lot of hair. You connect Harry with hairy.

Get moving

Studies show that exercise increases memory function. Research from the University of Illinois found that when you exercise, your body produces brain-derived neurotrophic factor (BDNF), which Dr. Small describes as "fertilizer for your brain cells." BDNF causes "your brain to sprout branches so they can communicate more effectively," he explains.

Get more sleep

Insomnia is memory's enemy. When we don't get enough sleep, we shut down our ability to concentrate and remember stuff. Dr. Small recommends seven to eight hours of sleep each night. He also advises against too much caffeine, which causes us to become irritable and distracted.

Eat more foods with antioxidants and curcumin

Obesity can trigger late-life cognitive impairment, according to Dr. Small. He recommends avoiding processed foods, such as refined sugars, which are pro-inflammatory and bad for the brain. Oxidation also causes wear and tear on

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in cumin, curries, and mustard.

Do brain aerobics

Just like we work out our muscles, we also need to cross-train our brains. Think of it as 24-Hour Fitness for our hippocampus. Mentally stimulating activities can include playing wordle and crossword puzzles, listening to music, writing in a journal, solving brainteasers, or watching *Jeopardy!*

Read the entire article [HERE](#)



Reese's Cups Are the Most Popular Halloween Candy in America—See Your State's Favorite on This Handy Map

Excerpted from Martha Stewart.com

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popular Halloween candy by state, so you can get a better

understanding of what the little ghouls and goblins in your area are craving most.

To obtain their findings, the company looked at 15 years of Halloween candy sales nationwide to create its interactive map of each state's favorite haunting treat. After examining the data, researchers found that Reese's Cups reign supreme—the chocolate peanut butter treat took the top spot in five states, including California, Florida, Kentucky, North Carolina, and Wyoming.

Following Reese's Cups is Skittles. The multi-colored, fruity candy is favored by residents in Alabama and Oklahoma and ranked as a handful of state's second and third choices. M&M's rounded out the top three, coming in first in Iowa, Kansas, New Hampshire, Oregon, Vermont, and Washington, D.C.

While the top three may not come as a surprise, there were a handful of underdogs that made their way onto the map. In fact, Hot Tamales ranked fifth as the most popular Halloween candy nationwide. The spiced treat came was a favorite in Minnesota, Nevada, North Dakota, and Virginia. Even more surprising? Salt water taffy was another top contender, with residents of Nebraska, Tennessee, Washington, and Wyoming all choosing the chewy treat as their second choice.

According to the report, 172 million Americans are expected to celebrate Halloween this year, and 95% of those participants plan to purchase candy for the annual event. Additionally, consumers are expected to spend a whopping \$10.6 billion on Halloween this year, with candy making up \$3.1 billion of total spending.



A surreal new skyscraper might come to San Francisco

Excerpted from SF Gate

A 62-story, 640-foot-tall skyscraper with a surreal floating cube on it might illuminate San Francisco's skyline.

According to planning documents, the project, 620 Folsom St., would offer 826 residential units and sit just blocks away from Salesforce Park, the Embarcadero and the Bay Bridge. "Hovering above SOMA like a subtle glowing lantern, the building's cubic form reflects a design that is both unique and expressive of its time, but also complementary to its historic Bay context," the description says.

The 54th floor would be transparent, creating the illusion that the floors above it are floating, the San Francisco Chronicle reported. (SFGATE and the San Francisco Chronicle are both owned by Hearst but operate independently of one another.)

While the tower is supposed to help provide much-needed housing, it's not clear how much each unit would cost. If approved, it would offer 118 studio units, 118 one-bedroom units, 472 two-bedroom units and 118 three-bedroom units, though just 15% of them will be "very low income".



Fire extinguisher refill/purchase/recycle annual event

WHEN: Sunday, October 30th, 11am - 2pm

WHERE: Van Damme Park, at the corner of Bridgeway/Gate 6 Road.
Turn into Gate 6 for the Van Damme driveway.

SV Emergency Preparedness Committee Chair is also the Chair of the Floating Homes Association Committee. The FHA has arranged to include Sausalito Village and others in the community for this upcoming annual event.

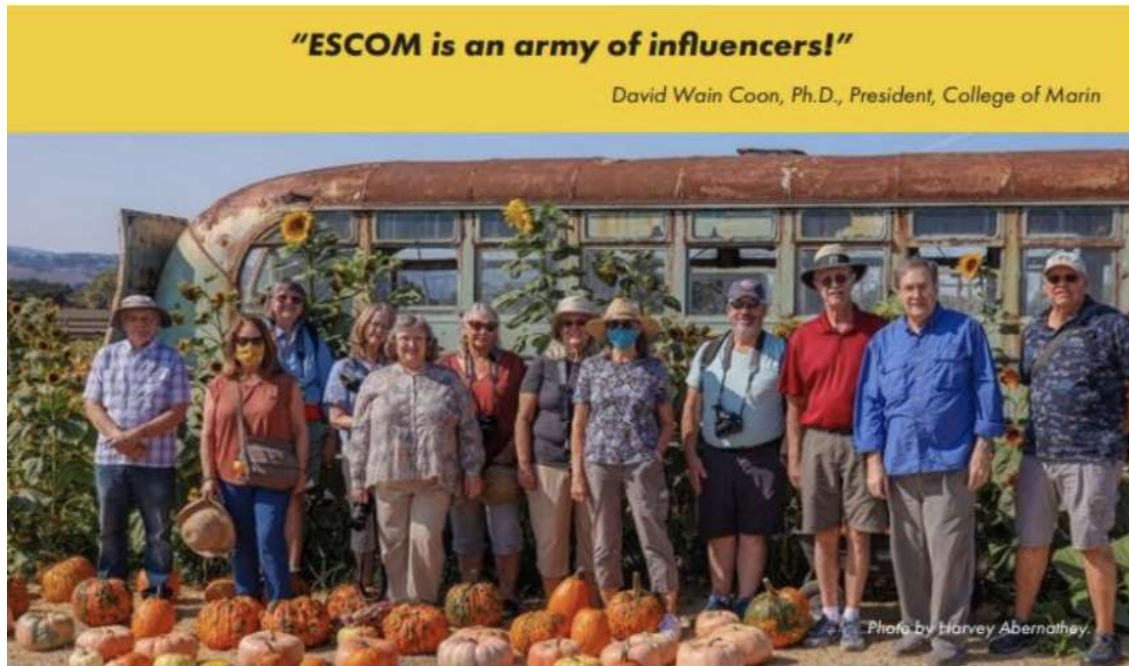
IF you are an SV member and need a ride, let the Concierge know by Friday, October 28th by phoning 415-332-3325.

Cost to refill - \$35

Cost for new large one - \$50

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Questions? Contact Flo at flohoy@gmail.com



SV Hosts presentation to learn about ESCOM

(Emeritus Students College of Marin)

WHEN: Thursday, November 4, 4pm

WHERE: On Zoom

RSVP for the zoom link: <https://sausalito.helpfulvillage.com/events/3596-presentation:-learn-about-escom>

Emeritus Students College of Marin (ESCOM) is a pioneer provider of lifelong learning in Marin County and beyond. We have been offering engaging programs for active adults that connect, educate and entertain for almost 50 years. ESCOM provides a rich variety of interactive clubs, interesting talks and social, cultural events for our members. ESCOM members are also welcome to contribute to our monthly online newsletter and journal of photography, art and creative writing.

As a nationally recognized program of the College of Marin, ESCOM has comfortable centers at both the Kentfield and Indian Valley campuses. Our

to learn and be involved! Share your passion, knowledge and artistic skills! To learn more and to join ESCOM, please visit <http://escom.marin.edu>. We look forward to seeing you soon!



11 things you didn't know you could clean with toothpaste

Excerpted from TomsGuide.com

1. Remove permanent marker stains
2. Remove crayon stains from walls
3. Polish silver or jewelry
4. Shine kitchen and bathroom fixtures
5. Clean a scorched iron
6. Whiten sneakers
7. Refresh dull leather
8. Removing tea and coffee stains

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10. ...and to clean grout

11. Buff piano keys

12. Remove stains out of carpets

Read details of cleaning [HERE](#)



**Need a ride to cast your vote? Call CARSS
for a door to door ride in Sausalito**

CARSS (Call A Ride for Sausalito Seniors) will be providing rides
on election day. Reserve yours today at 415-944-5474 or
SausalitoVillageConcierge@gmail.com.



You'll Probably Never Guess What Figs Actually Are

Excerpted from The Tasting Table.com

Fruit trees produce blossoms that need to be pollinated by insects in order for fruit to grow. However, fig trees produce no such blossoms. You might be surprised to learn that figs are technically inverted flowers, per Huff Post. The flowers are actually produced inside the fig. Those crunches that you get when you eat a fig? Those are actually the fruit/seeds inside of the flower. Since fruit is technically produced, there still needs to be a means of pollination and that's where the production of the fig really gets interesting: Enter fig wasps.

Fig wasps are responsible for making sure figs are grown. The female

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inside the fig, not male offspring, who are born without wings. Female offspring, who are equipped with wings, find their way out and are covered in pollen. While that process continues, sometimes female wasps accidentally land on female figs. They also allow the wasps to enter through tiny openings but there is no room inside for her to lay eggs and no way for her to get out. With the pollen she has on her, she is able to pollinate the flower and fig is produced, per The Atlantic. It is the female figs that consumers eat. So if you're wondering if you've been eating dead wasps, the answer is kind of.

Read the entire story [HERE](#)



What? An alligator as an emotional support animal??



Benicia bakers create life-sized Han Solo out of bread

Excerpted from Associated Press

Han Solo may be a hunk. But “Pan Solo” is a hunk of bread.

That’s what a bakery in the San Francisco Bay Area has dubbed its 6-foot (1.8 meter) bread sculpture of the “Star Wars” character as he appeared after being frozen in carbonite in “The Empire Strikes Back.”

Hannalee Pervan and her mother, Catherine Pervan, co-owners of One House Bakery in Benicia, California, spent weeks molding, baking and assembling the life-sized sculpture using wood and two types of dough, including a type of yeastless dough with a higher sugar content that will last longer.

The two worked at night, after the day’s business was done. The lovingly crafted details show Han Solo’s anguished face and his hands straining to reach out.

The sculpture is now on display outside of the bakery, located about a half-hour’s drive north of San Francisco.



Favorite 26-Word Sentences That Use Every Letter in the Alphabet

Excerpted from Parade

Parade.com offered this challenge: Can you create a sentence of 26 words that each start with a different letter of the alphabet? About 2,000 responded, and the entries ranged from somewhat reasonable to downright hilarious. Following are the entries I judged best.

“After kindly chauffeuring my generally very jovial father to our nice, quiet regional hospital, X-rays were scheduled, possibly because drinking eight zombies likely upsets your intestines.”

“Presumably, very early last year, in great haste, a clandestine rag- tag xylophone septet quietly discussed joining forces with known members of the new undercover zither band.”

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however, unfortunately, your nutty kids just played xylophones with cacophonous results, disturbing me greatly.”

“Kindly quit screaming; my very excited zebra did not land correctly after jumping over the rugged hedges, but understand, I will gladly pay for your X-ray.”

Read entire story and authors of the above sentences [HERE](#)



30 Short Habits Linked to a Meaningful Life

Excerpted from [Hive.com](#)

A meaningful life is a way of living that's not only happy and fulfilled but also has significance and impact. The Meaningful life is about having a sense of purpose.

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...jectory of our lives. Our habits influence how we spend our short time and who we become. When we develop meaningful habits, our lives become more fulfilling.

1. **A meaningful life is personal — you alone know what brings out the best in you. Don't allow the chaos of modern living to crush your bigger why. "Life is in ourselves and not in the external." — Fyodor Dostoevsky**
2. **Life is a non-linear journey — challenges are guaranteed. Think beyond your present suffering. "To live is to suffer, to survive is to find some meaning in the suffering." Friedrich Nietzsche**
3. **Design your life around everything you deeply care about. If you can't make a living doing it, schedule time outside work for personal projects that make you come alive.**
4. **"Purpose" is half the solution to a meaningful life. All meaningful lives start with a single and significant why. The life you want starts with a bigger goal. Always start with the end in mind. By losing your goal, You have lost your way." — Friedrich Nietzsche**
5. **A meaningful life requires a meaningful personal action. A better and more enjoyable life requires active participation. If you are not in control of the direction of your life, meaning is not guaranteed.**

Read the entire list [HERE](#)



Talk With Your Hands? You Might Think With Them Too!

Excerpted from Neuroscience News

How do we understand words? Scientists don't fully understand what happens when a word pops into your brain. A research group led by Professor Shogo Makioka at the Graduate School of Sustainable System Sciences, Osaka Metropolitan University, wanted to test the idea of embodied cognition.

Embodied cognition proposes that people understand the words for objects through how they interact with them, so the researchers devised a test to observe semantic processing of words when the ways that the participants could interact with objects were limited.

Words are expressed in relation to other words; a “cup,” for example, can be a “container, made of glass, used for drinking.” However, you can only use a cup if you understand that to drink from a cup of water, you hold it in your hand and bring it to your mouth, or that if you drop the cup, it will smash on the floor.

During the tests, the participants placed their hands on a desk, where they were either free or restrained by a transparent acrylic plate. When the two words were presented on the screen, to answer which one

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objects and compare their sizes, forcing them to process each word's meaning.

The speed of the verbal response was measured to determine how quickly the participant answered after the words appeared on the screen.

The results showed that the activity of the left brain in response to hand-manipulable objects was significantly reduced by hand restraints. Verbal responses were also affected by hand constraints.

These results indicate that constraining hand movement affects the processing of object-meaning, which supports the idea of embodied cognition. These results suggest that the idea of embodied cognition could also be effective for artificial intelligence to learn the meaning of objects.

Read the entire article [HERE](#)



SPECIAL THIS WEEK! There will be a class on Monday, October

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third Monday of the month at 11am. RSVP on the Sausalito Village event calendar for the zoom link if you are attending for your first time. www.SausalitoVillage.org



Hello everyone by Miroslav Srb, Czech Republic

COMEDY WILDLIFE PHOTOGRAPHY AWARDS 2022 FINALISTS ANNOUNCED

Click [HERE](#) to see the rest of the photos in The Guardian

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How to Calculate Faster than a Calculator



How to Talk to a Loved One Who Has Dementia: Never Say 'No'

Excerpted from CNET.com

Her business, Waugh Consulting, focuses on giving caregivers and family members the tools to communicate with loved ones suffering from dementia.

Short-term-memory drawer has no bottom

Waugh explains that your loved one's memory has two "file drawers" -- short-term and long-term memory. The items in long-term memory are generally still accessible. But the file drawer that should collect short-term memories has no bottom. The memories simply can't stay put.

The person with dementia can't tell you how they feel today, Waugh explains, since that involves short-term memory. But they can tell you "how it felt when they hurt their knee at age 40."

Tap into long-term memory

That's exactly why Waugh encourages caregivers to tap into their loved one's long-term memory whenever possible. Her slim book has a number of workbook pages where she encourages people to write down memories they can bring up with their loved one. What did they like to taste? To listen to? To touch?

Always have three stories at the ready, Waugh tells clients, and then use them to keep the impacted loved one in the conversation. Bring up those old memories and encourage them to talk about those things.

Divert and redirect

Waugh tells a story of a woman who moved her elderly father from Nashville to Houston and worried he'd want to return to his familiar barn, which was now several states away.

In such a scenario, instead of telling him no, that his beloved barn was gone, Waugh says caregivers should calmly use the barn as a jumping-off place to get the man talking.

"Say, 'I was thinking about that one racehorse you had,'" Waugh says. "And once they start [talking], let them go."

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Waugh encourages caregivers to avoid one word: no. Instead, Waugh encourages people to use a phrase from the title of her book, "I was thinking..." as a starter to encourage memories. If a loved one tells you they have to get to work, although they haven't had a job in years, calmly say, "I was thinking..." and then launch into some detail about a job they once had.

Successfully communicating with loved ones who have dementia can be wrenchingly hard. Waugh knows that only too well.

"We need to stop looking at [our loved ones] as we always have," Waugh writes in her book. "When we change our expectations, we can find them as they are. We can have meaningful conversations. Our relationship, though different, will be so much more fulfilling. It will provide us with happy memories of the latter part of their lives."

Read entire article [HERE](#)

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SeniorsAtHome
Better Care Starts Here



Event

A DIVISION OF JEWISH FAMILY AND CHILDREN'S SERVICES

**Improving
Quality of Life
Through a Better
Understanding
of Depression
and Dementia**



**Join us for a discussion on detecting and
differentiating between depression and dementia.**

Online

**Tuesday, Oct. 25, 2022
11:00am (PST)**

Register [HERE](#)



Everything About Daylight Savings Time 2022, Including Why We Have It and When To Change Your Clocks

When did daylight savings time 2022 start?

Daylight savings time started back on Sunday, March 13, 2022, at 2 a.m. local time. This is when we experienced a "leap forward."

When does daylight savings time 2022 end?

It will end at 2:00 a.m. on Sunday, November 6, 2022.

Will the clocks change in November 2022?

Yep! We will fall back on Nov. 6.

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How to fake a British accent fast



What dying people are usually most proud of at the end of life

Excerpted from HealthDigest.com

Rather than material possessions, Palliative specialist, Dr. Malhotra.

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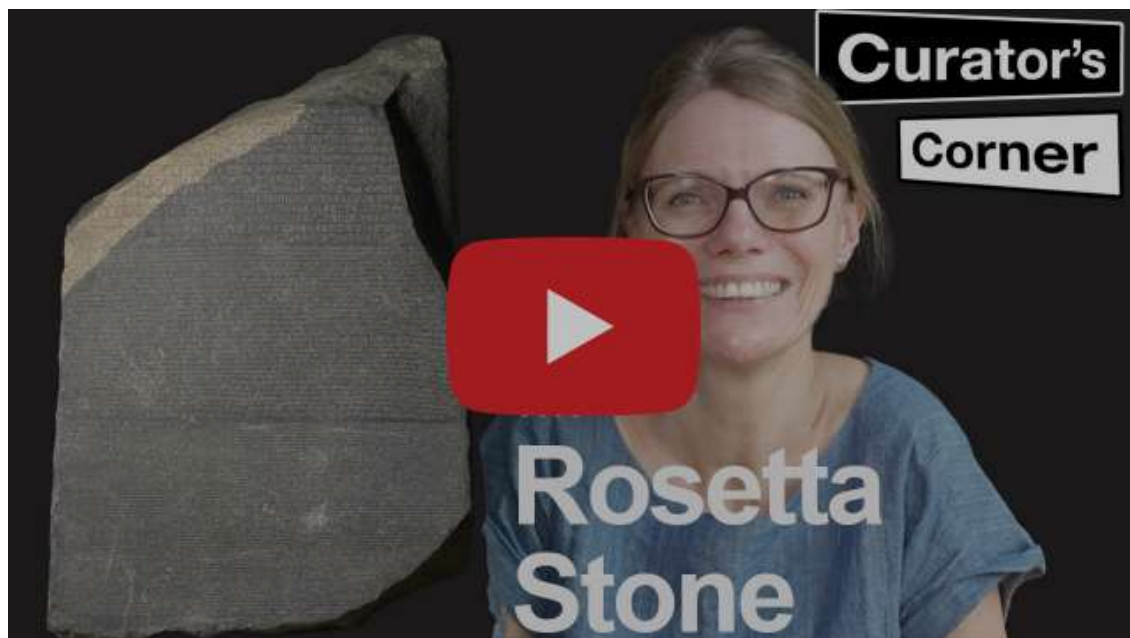
accomplishments or a loved one that patients often communicate feeling the proudest of towards the end of their lives. "It's always about family," says Dr. Malhotra. "It's always about their relationships or about how they're so proud of their children or their great-grandchildren or the things that they're doing with their life and their education and the things that they've accomplished, that really is what it comes down to."

When taking stock of what we're most proud of, Dr. Malhotra suggests posing a series of guiding questions to ourselves, known as the rocking chair test. "When I'm 90 years old and I'm sitting in that rocking chair looking back on my life, what would I have wanted to accomplish and what would I be most proud of?" she says. When applying these questions to her own life, she asks herself, "Is this going to matter to me when I'm 90 years old? Is this something I'm going to be proud of? Is this something I'm going to say, I wish I would have [done]?" In doing so, Dr. Malhotra states that the rocking chair test can help bring about clarity when we're feeling conflicted in our day-to-day lives as to what ultimately matters most.

As a patient nears death, Dr. Malhotra states that their final words often vary based on a sense of fulfillment. "While my elderly patients often share things like 'I'm at peace and I've lived a good life,' that has not been the case for most of my younger patients," she states. "Their words simply come down to this, 'I'm not ready to die. I still have so much more living to do.'"

But Dr. Malhotra doesn't believe age is necessarily the differentiating factor. "I think it has less to do with age and more to do with a sense of unfinished business. The elderly have had more time to live their lives ... The young, on the other hand, are still in the midst of living. They still have so much potential and so many dreams yet to be realized. And that is why it is more difficult for them to come to terms with their own mortality and share words of acceptance."

Read entire article [HERE](#)



What does the Rosetta Stone actually say?



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and we are short of drivers to take our seniors to medical appointments.

If you have been thinking about volunteering, now is the time, we need you more than ever!

If you enjoy spending time with older adults and would like to donate your time locally, please let us know. Volunteer drivers must have auto insurance and pass a criminal and DMV background check. Call 415-332-3325 or email SausalitoVillageConcierge@gmail.com to get started.

There is reimbursement available for rides so don't let gas prices keep you from volunteering.



Puzzle from MorningBrew.com

Here's a classic science puzzle about coffee: You pour yourself a cup of black coffee, but you're in a rush and need to cool it down ASAP. You also can't drink coffee without putting in cream first. So, you have two options:

1. Add cream now, and wait for it to cool down.
2. Wait for it to cool down as black coffee, then add the cream.

Answer at the bottom of the newsletter.



Does Your Birth Month Bird Match Your Personality?

Excerpted from Bird and Blooms.com

You've probably heard of birth month gemstones and birth month flowers, but have you heard of birth month birds? It might come as a surprise to learn every month of the year has not only a representative jewel and flower, but also a bird. From owls to ravens, here are the birds that represent everyone's birthdays.

January: Owl

Wise and formidable, owls preside over the woods at night. They're commonly seen as a symbol of smarts, with great horned owls showing up on many a graduation card. Identify these January birth month birds by their large eyes,

February: Parrot

Spunky, smart, colorful and filled to the brim with personality, parrots always inspire smiles. While they're perhaps most recognizable for sitting on pirates' shoulders, there are more than 350 types of parrots in the world—and plenty of them live in the wild.

March: Robin

Fans of warm weather, brightly colored flowers and returning migrating birds adore the American robin. After all, many view it as the first sign of spring. To identify the March birth month bird, look for a medium-sized songbird with a red breast, gray upperparts and a yellow beak. Their sweet *cheerily*, *cheer-up*, *cheerio* song rings out on spring mornings.

Read the rest of the months [HERE](#)



Smarter: You Could Be Cutting Your Toenails the Wrong Way

Excerpted from Consumer Reports

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The correct way to trim your nails is to cut them straight across with no curvature,” says Ebonie Vincent, DPM, a foot and ankle surgeon at Orange County Podiatry in Orange and Long Beach, Calif. You can see the image [here](#) for the right shape they should be.

You also shouldn't cut your nails too short, according to the ACFAS. One way you can make sure is that you should be able to get your fingernail under the sides and end of the nail, according to the ACFAS.

If you're already suffering from an ingrown toenail, what should you do?

You can try soaking the toe in warm (room temperature) water with Epsom salts, says Michael Coyer, DPM, a foot and ankle surgeon who also works at Orange County Podiatry and is a Fellow Member of the ACFAS.

This may soften the skin surrounding the toenail and help to reduce inflammation and pain. It is important for the water to not be too hot in order to prevent damage to the surrounding tissues, Michael says.

You should also wear comfortable shoes with sufficient room for your toes and if you can, consider sandals until the condition clears up, according to the American Academy of Orthopaedic Surgeons.

If the toe is inflamed and red, you will need to see a podiatrist to have an antibiotic prescribed and, in some cases, the ingrown nail removed. What you should *not* do is attempt to remove the nail at home yourself. If you continue to cut it, you might worsen its condition, according to the ACFAS.

Read the entire article [HERE](#)

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"Lexophile" describes a person who loves sentences such as, "You can tune a piano, but you can't tuna fish," and, "To write with a broken pencil is pointless." An annual competition is held by the 'New York Times' to see who can create the best original lexophile.

This year's submissions:

- I changed my iPod's name to Titanic. It's syncing now.
- England has no kidney bank, but it does have a Liverpool.

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-
- This girl today said she recognized me from the Vegetarians Club, but I'd swear I've never met herbivore.
 - I know a guy who's addicted to drinking brake fluid, but he says he can stop any time.
 - A thief who stole a calendar got twelve months.
 - When the smog lifts in Los Angeles, U.C.L.A.
 - I got some batteries that were given out free of charge.
 - A dentist and a manicurist married. They fought tooth and nail.
 - A will is a dead giveaway.
 - With her marriage, she got a new name and a dress.
 - Police were summoned to a daycare center where a three-year-old was resisting a rest.
 - A bicycle can't stand alone; it's just two tired.
 - The guy who fell onto an upholstery machine last week is now fully recovered.
 - He had a photographic memory but it was never fully developed.
 - When she saw her first strands of gray hair she thought she'd dye.
 - Acupuncture is a jab well done. That's the point of it.
 - I didn't like my beard at first. Then it grew on me.
 - Did you hear about the crossed-eyed teacher who lost her job because she couldn't control her pupils?
 - When you get a bladder infection, urine trouble.
 - When chemists die, they barium.
 - I stayed up all night to see where the sun went, and then it dawned on me.
 - I'm reading a book about anti-gravity. I just can't put it down
-

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1.5 hours of continuous music



Answer to todays puzzle:

ANSWER

Waiting a few minutes before adding the cream will allow the coffee to cool down faster. The key is knowing that hot things cool down faster when the difference between the temperature of the thing (hot coffee) is greatest with the temperature of the wider environment. If you pour the cream into the coffee right away, you're reducing the temperature difference between the coffee and the ambient environment, which will cause it to cool more slowly.

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