

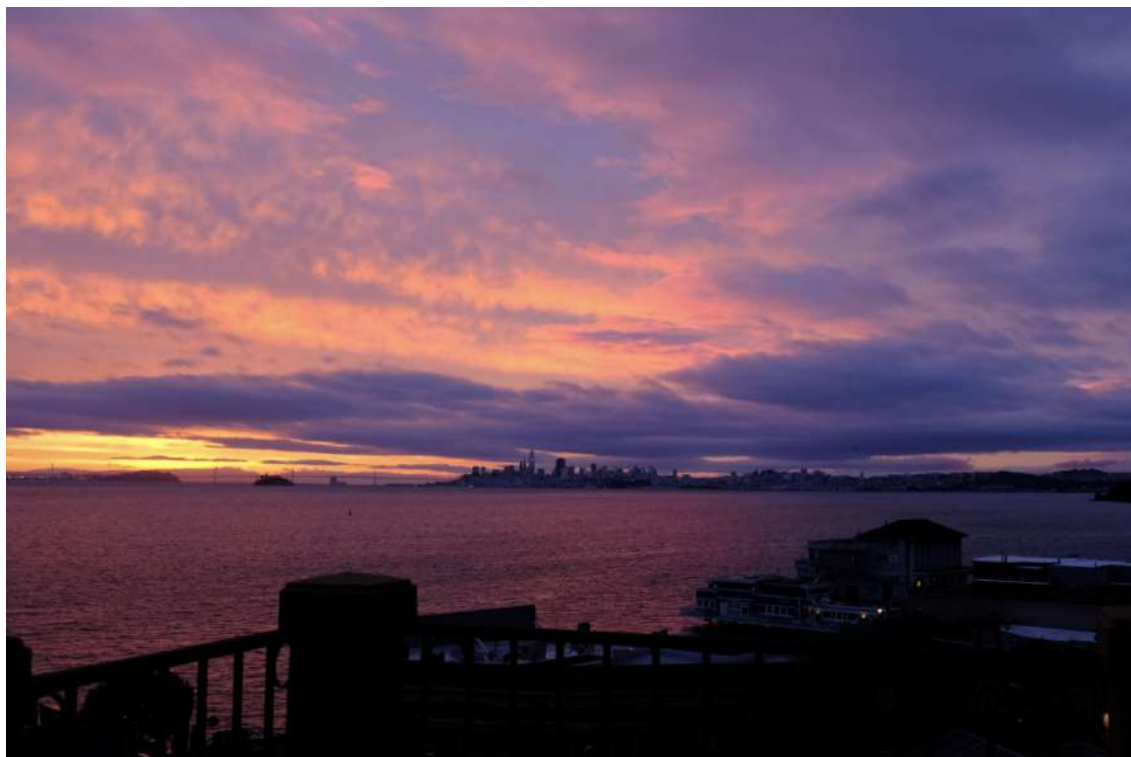
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Photo by Katie Godowski

Send your Bay Area photos to [SausalitoVillageTips@gmail.com](mailto: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](mailto:SausalitoVillageTips@gmail.com)**

**Are you forwarding this newsletter to a friend?**

Have your friend sign up directly to receive the weekly newsletter by making the request to [SausalitoVillageTips@gmail.com](mailto:SausalitoVillageTips@gmail.com)

**Have you missed a previous newsletter? They are archived!**

You can view past newsletters on the SV Website:

[https://sausalito.helpfulvillage.com/newsletters?newsletters\\_month=7&newsletters\\_year=2023](https://sausalito.helpfulvillage.com/newsletters?newsletters_month=7&newsletters_year=2023)

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### SV hosted events in the coming 2 weeks:

December 30 - [Line Dancing](#)

January 1 - Happy New Year

January 5 - Morning Book Review Group (full)

January 7 - [Tales of the Trails](#)

January 8 - [Stretch and Strengthen with Rayner](#)

January 8 - [Souper Monday Club](#)

January 9 - [The Tarot is in every one of us](#)

January 14 - [Line Dancing](#)

To view the Sausalito Village calendar full of events [CLICK HERE](#)

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## SV Hosted Tales of the Trails

**WHEN:** Sunday, January 7, 7pm

**WHERE:** On zoom

**RSVP:** Call or email Sue Dunlap. [suedunlap46@gmail.com](mailto:suedunlap46@gmail.com) or 332-3746

Join us as Laurie Nardone presents her tales of la belle France - from Nice to Bourgogne.



## What is Dry January?

### Excerpted from USAToday.com

Dry January began as a campaign created and led by Alcohol Change UK more than a decade ago. The British charity and advocacy group aims to reduce the harms from alcohol, according to their website.

Thousands of sober-curious drinkers across the US tackle the challenge each year. Between 15% and 35% of U.S. drinkers overall participate in Dry January, according to past surveys published by Morning Consult Pro.

Medical professionals suggest sober-curious people prepare ahead of time to be the most successful. Dr. Dawn Sugarman, a research psychologist at McLean Hospital in Massachusetts and an assistant professor at Harvard Medical School, recommends Dry January participants make a plan for social situations where they might typically order an alcoholic drink.

"You don't want to be caught off guard. Think about what you're going to do. Are you going to get a non-alcoholic drink and hold that so that you're holding a drink and that makes you feel better?" Sugarman previously told USA TODAY.

Other tips from [The National Institute on Alcohol Abuse and Alcoholism](#) include:

- Assessing your relationship with alcohol, including "identifying why you choose to drink alcohol"
- Telling friends and family that you're participating in Dry January and encouraging them to participate with you
- Choosing or bringing your own nonalcoholic beverages to social events

Dr. Rocco Iannucci, a director of the Fernside Residential Treatment Program at Harvard-affiliated McLean Hospital, told Harvard Health



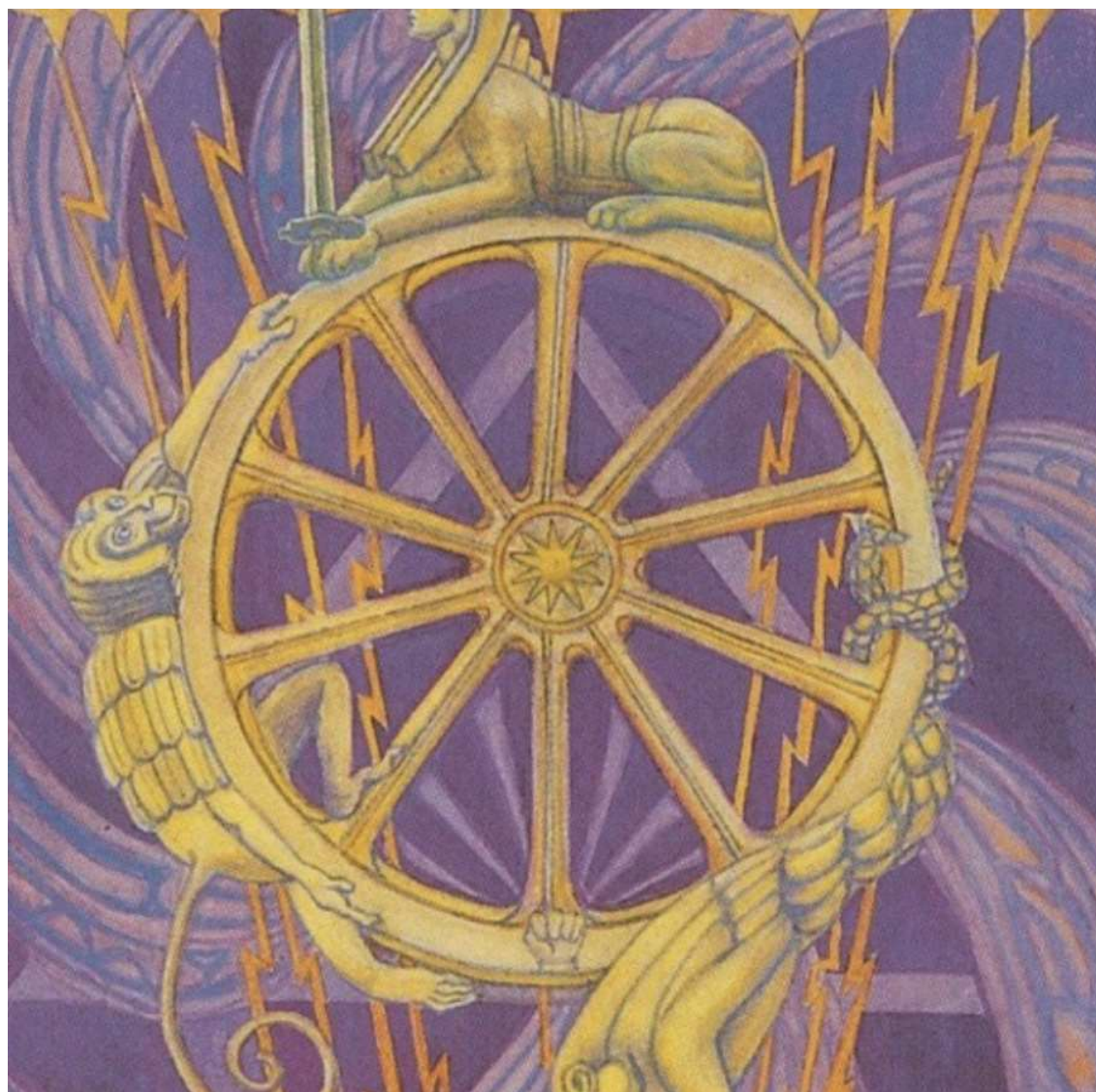
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stop and reflect before picking up a cocktail or a beer in a bar.

Those reflections can include asking yourself if you feel like quitting alcohol for good, how it felt physically and mentally to live alcohol free and whether you swapped drinking for another habit like overeating.

"You may decide to continue Dry January for another month and then evaluate again," Iannucci said.

Read the entire article [HERE](#)



**SPECIAL EVENT!**  
**The Tarot is in Every One of Us**

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**WHERE:** Edgewater Room, City Hall downstairs

**OPEN TO:** Priority to SV Members and Volunteers due to space limitations

**RSVP:** <https://sausalito.helpfulvillage.com/events/4094-the-tarot-is-in-every-one-of-us>

The Tarot is a 78-card deck used for centuries to mirror your subconscious and

help inform your choices. In the past few years, interest in the Tarot has grown as more and more people seek ways to blend inner and outer realities to live their lives more creatively and intuitively.

Start your New Year with this two-hour workshop led by Sausalito Village member, Elyn (Kimery Wiltshire), appropriate for those new to Tarot and those wanting to deepen their understanding. If you have a Tarot deck, please bring it – if not, I have some to share. Learning is finding out what you already know. The Tarot is in every one of us.

Thanks to Elyn's generosity, this workshop is free of charge.

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## The dressing room experience that made me get real about aging

Excerpted from The Washington Post by Anne Lamott

What can we do as the creaking elevators of age slowly descend? The main solution is not to Google new symptoms late at night. But I also try to get outside every day, ideally with friends. Old friends — even thoughts of them — are my ballast; all that love and loyalty, those delicious memories, the gossip.

Recently I was walking along the cliffs above the Pacific with one of these old friends, named Neshama. We go back 50 years. She is 84, short and sturdy with fuzzy hair like mine.



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more than the range could say, and so much had happened in our 60 years together; we have ridden the rapids. Her husband's early death, her grown son's and, just last month, her sister's; my father's death, my mother's and a lifelong best friend's. This last is when my friendship with Neshama deepened, during the two years when Pammy was dying, when it truly felt as if the sky were falling.

Pammy and I went shopping a few weeks before she died. I needed a new dress for a concert with a new boyfriend. At the time, she was in a wheelchair and a wig. I came out of the dressing room wearing a short dress, tighter than normal, and asked if it made me look big in the hips.

She looked me in the eyes, calmly. "Annie," she said, "you don't have that kind of time."

That sentence shocked me into getting real about how I was spending my life. We know by a certain age the great palace lies of the culture — if you buy or do or achieve this or that, you will be happy and rich. Nope. Love and service make us rich. My mom did this with her closest friends when I was growing up, taking modest bouquets and baked goods to comrades in decline. Some were sunk into cranky dementia, alcoholism and random disorders — one with a piercing laugh that, to borrow from P.G. Wodehouse, could open an oyster at 50 paces. But my mom showed up for her. She taught me that service makes me happy. So I try to do that every day, and to get outside.

Read the article in its entirety [HERE](#)





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## Line Dancing on December 30th, 4pm-5pm

**WHEN:** Saturday, December 30th, 4pm-5pm

**WHERE:** Exercise Studio, downstairs in Sausalito City Hall

**COST:** FREE!!

**REGISTER:** <https://cityofsausalito.perfectmind.com/24457/Classes/BookMe4LandingPages/Class?classId=15e3c83a-0e03-4a45-9791-3d0eb0bda0ef&occurrenceDate=20240114>

Sausalito Village and Sausalito Parks and Recreation host Line Dancing classes taught by Laurie Reemsnyder who will guide you through the dances. Music is old school, contemporary, disco, jazz, R&B, and a little Latin. Trouble registering? You can drop in for class and sign your waiver there.

Open to all, geared to seniors.

Wear comfortable clothing and shoes. Dance shoes encouraged if you have them to provide the right amount of 'slide'.

**IMPORTANT:** If you are new and want to meet with Laurie ahead of class to go over basic moves, email her: [phototeacher94@gmail.com](mailto:phototeacher94@gmail.com) several days ahead

LOOK for new class schedule starting in January on Sundays at 4pm

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## What in the World went right this year?

Excerpted from NiceNews.com

**Deforestation of Brazil's Amazon is down considerably** - In August, the country's Ministry of the Environment and Climate Change shared that deforestation in the rainforest was down 66%, its lowest level for the month since 2018. The milestone was especially significant given that August typically sees high levels of destruction due to dry weather.

**Harvard researchers found the key to happiness** - The Harvard Study of Adult Development — also known as the happiness study — first began in 1938 and is still going strong, with a remarkable 84% participation rate. It has tracked 724 men as well as more than 1,300 of their male and female descendents in search of what keeps people happy and healthy. And after 85 years, the answer appears clear: maintaining close relationships with loved ones.

**Guinea worm disease is close to eradication** - Last year, there were only 13 total cases of Guinea worm disease worldwide, all in African nations. The provisional number, shared by the Carter Center, marks the lowest annual count ever reported. Hopes of full eradication come

**Montana youth won a landmark climate change case** - The plaintiffs in Held v. Montana, ranging in age from 5 to 22, went up against a provision in the Montana Environmental Policy Act that prevented the state from considering the climate when approving fossil fuel projects. They argued that the provision went against the Montana state constitution, which guarantees them the right to a “clean and healthful environment.”

**America's gender pay gap is nearly closed** - In the second quarter of 2023, women made 84 cents for every \$1 dollar men made for similar work, compared to 62 cents in 1979. Though there's still progress to be made — and women of color continue to suffer the most severe pay disparities — the shrinking gap is a heartening trend.

Read more [HERE](#)



**Invite a neighbor or friend, this event is open to all**

Everyone is invited - spread the word. This event is free but registration is required.

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**RSVP:** <https://sausalito.helpfulvillage.com/events/4110> or email  
SausalitoVillageRSVP@gmail.com or call 415-332-3325

The idea is simple - enjoy a meal while sitting in community with old friends or new. We have volunteer servers who will get you seated and bring the soup, bread, dessert and hot drinks to you.

Each month Sausalito Village invites a different business in town to create a hearty soup for attendees, usually there is a vegetarian and a non-vegetarian option. Souper Monday Club takes place the first Monday of the month unless it falls on a holiday, like New Years, then it moves to the next Monday.

We are so happy that Jean Capron will be back playing the piano in the background along with Nawelo on ukulele, lending a warm and inviting atmosphere to our December monthly event. Special thanks to Fr. Chip Larrimore and all of Christ Church for the use of Campbell Hall.

**Limited parking is available. If you would like a ride from Dunphy Park or your home, call Wendy at CARSS (Call A Ride for Sausalito Seniors) at 415-944-5474 or email SausalitoVillageConcierge@gmail.com by December 2nd.**

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## Most searched-for word definitions worldwide

Excerpted from CrosswordSolver.com

Google draws its definitions from disparate sources, but it's used as a tool the world over, so its networked nature reveals all kinds of statistics about what people are looking up and learning, wherever they are.

### Key Findings

- Gaslighting is the most searched definition in the U.S., and — at 130,000 U.S.-based searches per month — the most for any country in the world.
- Pegging is the most searched word definition in the UK (11,000/month).
- Woke is the most searched definition in Canada (7,200/month).
- Bullying is the most searched definition in Australia (4,300/month).
- In Japan, メンヘラ (translating to Menhera, slang for somebody needing mental health care) is the most searched definition —

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## Why Cassowaries are the Most Dangerous Bird on Earth



## 9 Financial Moves To AVOID Before the New Year

Excerpted from AARP.com

1. Don't realize capital gains prior to the year-end unless you are using

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possibly delay and accept in January.

3. Don't spend money you don't have.

4. Don't get divorced in December.

5. Don't pay all bills exactly when they are due.

6. Don't let unused services follow you into 2024.

7. Don't forget to take your [required minimum distributions \(RMDs\)](#).

8. Don't buy mutual funds in December.

9. Don't forget to choose the appropriate tax filing status.

Read the entire article [HERE](#)



## Landais Alzheimer, first French village with a difference - all the villagers have dementia

Excerpted from BBC.com

The shop in the main square supplies simple groceries such as the all-important baguette but does not take money, so no-one has to remember their wallet. As well as the shop and restaurant, villagers are encouraged to attend the theatre - and join in activities.

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a genuine joy in seeing and enjoying villagers, to give them as much freedom as possible. Each of the single-storey chalets houses about eight residents, with a communal kitchen, sitting and dining rooms.

While villagers pay a contribution, the running costs - similar to an average care home - are mainly covered by the regional French government which paid £17m (\$22m) to set up the village.

When it opened, in 2020, it was the second village of its kind - and the only one to be part of a research project. And there still are thought to be fewer than a dozen like it in the world.

So often, dementia can isolate people. But here, there seems to be a strong sense of community, with people genuinely interested in seeing each other and joining in activities. And researchers say this social element may be part of the key to living a happier, and potentially healthier, life with dementia.

There are about 120 villagers and the same number of healthcare professionals, with volunteers on top.

There is, of course, a cruel inevitability because there is no cure.

But as each villager's disease progresses, they are given support they need.

More info at the Village website: <https://villagealzheimer.landes.fr/en/>

Recent article in Marin IJ on creating a dementia village at Northgate: [HERE](#)

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## FRIDAY PUZZLE

We'll give you lists of Roman and Greek gods, and you have to match up the counterparts (for example, Athena and Minerva).

**Greek:** Aphrodite, Zeus, Artemis, Hera, Poseidon, Demeter, Ares, Hephaestus, Hermes

**Roman:** Mars, Vulcan, Diana, Ceres, Jupiter, Mercury, Juno, Neptune, Venus

**Find the answer at the bottom of the newsletter.**

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*"Take care of your  
body. It's the only  
place you have to  
live." Jim Rohn*



## 'The Lion King' rolls out red carpet for Marin City children

Excerpted from Marin IJ.com

When Felecia Gaston, director of the nonprofit Performing Stars, says she wants to bring 40 low-income kids from Marin City to see a live performance of *The Lion King*, she makes it happen.

Miss Felecia chose *The Lion King* for several reasons, including its relevance for Black children. The musical tells a story from South Africa, with numerous Black performers gracing the stage. Not to mention that it's a fabulous, Tony Award-winning show.

"The show could inspire our children to be on stage," Miss Felecia said. "We're introducing them to professional training in the arts, and it opens their horizons. The lightbulb could go off, and they realize, 'I could be an actor in *The Lion King* or perform with the Dance Theatre of Harlem.'"

Read the full article [HERE](#) including all of the activities of the day!

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## How to reduce cold symptoms when you feel it coming on

Excerpted from Medical NewsToday.com

There is no cure for a cold, but getting enough rest, drinking fluids, and eating nutritious foods may help reduce symptoms. Some strategies might also help to get rid of a cold sooner. In the meantime, there are some ways to ease cold symptoms, which we outline below

- 1. Drink plenty of fluids** - The body needs water to carry out all its essential functions, including fighting off infection.
- 2. Get plenty of rest** - This will give the immune system the best chance of fighting off the infection
- 3. Manage stress** - People with stress-related disorders may have a higher riskTrusted Source of developing infections, as stress can compromise the immune system. Managing stress might be one way to reduce the risk of a cold.
- 4. Eat a balanced diet** - A balanced and varied diet will provide the nutrients



**5. Eat honey** - Honey has antioxidant and antimicrobial effects that may help combat infections.

**6. Increase vitamin D levels** - Natural sunlight helps the body synthesize vitamin D. However, sunlight can be scarce in some parts of the world, particularly during winter. If a person struggles to get enough sun exposure, they may find it helpful to take a vitamin D supplement.

**7. Take zinc** - A 2012 review of 14 scientific studies investigated the effectiveness of zinc as a treatment for the common cold.

**8. Take vitamin C** - A 2013 review investigated whether taking vitamin C reduces the incidence, severity, or duration of the common cold. The study found that taking at least 200 mg per day of vitamin C did not reduce the risk of getting a cold.

**9. Try over-the-counter medicines** - The following over-the-counter (OTC) medications will not cure a cold, but they may help alleviate Trusted Source symptoms:

- pain relievers, such as acetaminophen and ibuprofen
- throat lozenges to relieve a sore throat
- saline nasal spray or drops
- cough and cold medicines for those aged 5 years Trusted Source and over

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How your pet is good for you!



## Follow up about Muttville - Seniors for Seniors

Founding member Ann Heurlin and her husband Jim Meyer adopted one of their beloved senior dogs from Muttville. Ann wanted us to

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The adoption process for seniors is very much like the standard adoption process. However, if you are 62+ years of age, Muttville waives the \$250 adoption fee. They also provide a welcome kit that includes your dog's harness and collar, a leash, dog bowls, a starter supply of food and medication, a doggy bed, and, if needed, home modifications such as a doggy gate and stairs.

Questions? Email [seniorsforseniors@muttville.org](mailto:seniorsforseniors@muttville.org).

Learn more about Muttville: [https://muttville.org/about\\_us](https://muttville.org/about_us)

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## Marin Access Catch-A-Ride Pilot Program

**PRESENTATION: Learn about Marin Access transportation options for you**

**Including Marin Access Catch-A-Ride, a program that provides Taxi and Uber discounts available to residents 65+**

**WHEN:** January 25th, 1pm-2:15pm

**WHERE:** Zoom

**RSVP:** <https://sausalito.helpfulvillage.com/events/4178>

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transportation options available for individuals that are 65+ or living with a disability. They will also review eligibility requirements and how to schedule rides.

Open to ALL

*What is Marin Access?*

*Marin Access was designed by Marin Transit to coordinate transportation options and resources for older adults (65+) and individuals with disabilities in Marin County.*

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Next class is January 8th. In the meantime, here is the most recent class taped for you to enjoy at home. We like to know if you have watched the class, please email [SausalitoVillageRSVP@gmail.com](mailto:SausalitoVillageRSVP@gmail.com) and let us know!

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Better Care Starts Here



EVENT

A DIVISION OF JEWISH FAMILY AND CHILDREN'S SERVICES

## Online Safety and Technical Education for Older Adults



**Seniors At Home** is pleased to partner with the **Peninsula JCC** and **AnewVista Community Services** to present the latest in our series of free workshops to help you make the most of today's technology.

**JOIN US!**

### Password Protection: Manage Your Passwords to Stay Safe Online

**Tuesday, January 16, 10:00am (PDT)**  
**Online**

Passwords are essential for our online security, but they can also be a hassle. How can we create passwords that are strong, easy to remember, and unique for each account? AnewVista's class on passwords will teach you how to do just that. You will learn how to make your online life simpler and safer with effective password strategies.

Register with Seniors at

Home: <https://us02web.zoom.us/meeting/register/tZApc-6urTliGtUt6ml7MMgj8ZIG7aQA99K1#/registration>

**You may also register by calling 650-378-2703.**

**Seniors At Home is a division of Jewish Family and Children's Services.**

We are here for you and our entire community. If you or someone you care about needs help, please call us at 415-449-3700.



## Why do you experience bloating when on a plane?

Excerpted from Explore.com

Lower air pressure causes the gasses in your gut to expand, thus making you feel bloated. Likewise, there's less oxygen on a plane, which, unfortunately, interferes with your digestive system, causing constipation and nausea.

Eating properly is essential to reduce bloating before and after your flight and the symptoms associated with this condition. It goes without saying that if you know a particular food makes you bloated or if it has a reputation for causing bloating (like beans or cruciferous vegetables), refrain from eating it before your flight. In addition, consider taking probiotics to strengthen gut health before a trip or flight.

In a 2022 article for HuffPost, four flight attendants said they chose not to eat the snacks provided on flights due to their saltiness (salt causes bloating). For the same reason, flight attendants said they did not eat airline meals. Instead,

The more fiber, the better, as this prevents digestive issues. Drinking soda, fruit juice, alcohol, and caffeine is another no-no. Stick to water for optimal hydration, but if you prefer, drink herbal teas like peppermint and chamomile, which are known to help with bloating.

Moreover, if you feel bloated on a flight, try getting up from your seat and walking around for some quick relief. The bottom line is passengers should avoid fried or fatty meals and fizzy or non-hydrating drinks to beat the bloat.



## A Consistent Sleep Schedule may be More Important Than How Long You Sleep

Excerpted from RealSimple.com

Getting enough sleep—that's seven to nine solid hours a night, according to sleep health recommendations—is an important factor for overall health, from cognitive functioning to mood management and immunity. A wealth of sleep research has found strong associations between sleep duration (how long we sleep for) and all-cause mortality risk. Both sleeping too little and sleeping too much—either less or more than the recommended seven-to-nine hours per night—has been associated with higher mortality risk. It's no wonder health



That sleep *regularity*, “defined as the day-to-day consistency of sleep-wake timing,” may be an even stronger predictor for mortality risk and certain health outcomes than average sleep length. So going to bed and waking up at a consistent time every day and night is, perhaps, an even better goal to aim for when trying to improve sleep hygiene, habits, and health.

Researchers from Harvard University and Monash University in Melbourne, Australia, calculated Sleep Regularity Index (SRI) scores based on sleep and general health data from over 60,000 U.K. Biobank participants. Overall, they found that, compared to those with the least-regular sleep schedules, participants with the most regular, day-to-day fall-asleep and wakeup patterns had a 20- to 40-percent lower risk of death by any cause; a 16- to 39-percent lower risk of death from cancer; and a 22- to 57-percent lower risk of death by cardiometabolic conditions.

Since it’s harder to control when you fall asleep—though there are many healthy habits and helpful tricks to get you there—you do have more control over your wakeup times. If you get up consistently at 7 a.m., for example, your body will eventually adjust to this wakeup time and learn to become sleepy and shut down at a consistent time each night. (This goes for both early birds and night owls—people’s chronotypes vary widely, so work with your own body, lifestyle, and schedule). While it’s tempting (and sometimes necessary!) to sleep in a bit over the weeks, on vacation, or during a holiday, try not to let your morning wakeup times extend by more than an hour.

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# HEALTHY LIVING FOR YOUR BRAIN AND BODY

An education program presented by the Alzheimer's Association®



For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age.

Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

**Date: Monday, February 12, 2024**  
**Time: 10:30-11:30 a.m.**

**Sausalito City Hall**  
**Edgewater Room, 420 Litho St.**  
**Sausalito CA 94965**

Please register at  
[tinyurl.com/2thas3mp](https://tinyurl.com/2thas3mp) or  
by contacting Tessa Paoli at  
415.289.4100 ext. 501 or  
[tpaoli@sausalito.gov](mailto:tpaoli@sausalito.gov)



In collaboration with:



**ALZHEIMER'S ASSOCIATION®**

Visit [alz.org/CRF](https://alz.org/CRF) to explore additional education programs in your area.

## Healthy living for your brain and body presentation Coming in February

This presentation is being brought to you by the Alzheimer's Association in cooperation with Sausalito Library, Marin County Free Library and Sausalito Village. Registration is through Sausalito Library. Here is the link for this FREE program open to all:

<https://www.sausalitolibrary.org/programs/registration-page->

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Top songs of 2023...in case you missed them!



1. Aphrodite = Venus
2. Zeus = Jupiter
3. Artemis = Diana
4. Hera = Juno
5. Poseidon = Neptune
6. Demeter = Ceres
7. Ares = Mars
8. Hephaestus = Vulcan
9. Hermes = Mercury

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