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Happy Wednesday, Villagers

Please <u>send along</u> your suggestions for materials to add to the daily tips. We're always looking for good content. And visit our <u>website</u> for more information about our organization and programs.



Wednesday: SHARE YOUR EXPERIENCES...SHOPPING DURING COVID.

4-5

Thursday: SURF THE WEB LIKE A PRO! (SAUSALITO LIBRARY). 11:30 am -

1 pm

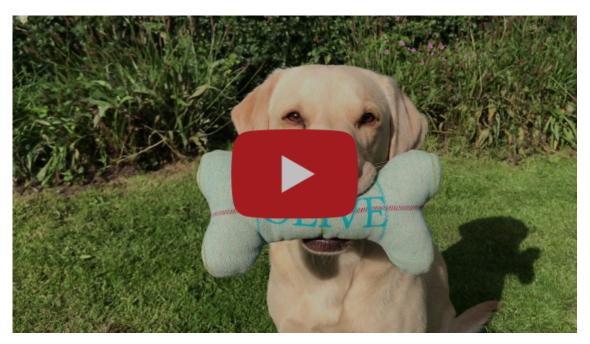
Thursday: MEMOIR WRITING WORKSHOP PART 2 WITH JACKIE KUDLER.

3 - 5 pm

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**Friday:** <u>'COPING WITH PANDEMIC STRESS' SUPPORT GROUP - SV MEMBERS AND VOLUNTEERS ONLY</u>

2 - 3



Olive solo,



Mabel as a baby.

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been using and would recommend?

If so, let us know! Email <a href="mailto:sausalitovillagersvp@gmail.com">sausalitovillagersvp@gmail.com</a>
We plan to compile a list to share with readers.

The City of Sausalito is considering the purchase of the iconic **Bank of America Building** at 750 Bridgeway in the heart of downtown Sausalito. Purchasing the property would allow the City to ensure that any future uses serve the needs of our community rather than those of a private developer.

If the City were to purchase the building, what types of community-oriented uses do you think would be appropriate for the location? That is the purpose of this brief survey.

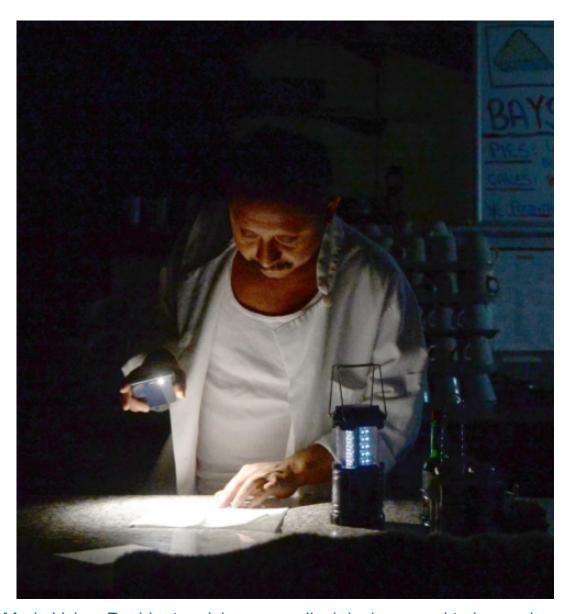
## Take The Survey



5 Marin Organizations Battling Climate Change

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In 2017 Sausalito resident Paul Hawken — who also founded Smith & Hawken and Erewhon — started an organization, Project Drawdown, with the mission of researching and promoting a path to drawdown, the point at which the concentration of greenhouse gases begins to decline. He compiled a top 100 list of potential ways to do this, 80 of them currently in practice, into a bestselling book to promote his findings and inspire and inform governments, other organizations and individuals worldwide.



Marin Voice: Residents relying on medical devices need to be ready for fire season

Last October, we all experienced the impact of the rolling public safety power shutoffs that Pacific Gas and Electric Co. implemented to prevent wildfires.

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This year, fire season is an added threat, on top of the daily unknowns and stressors for all of us.

During a PSPS, individuals with access and functional needs (aka AFN residents) lose their lifeline to medical devices such as CPAP breathing machines, oxygen concentrators and powered wheelchairs. These all require a hard-wired power source or are operated by rechargeable batteries. How many people with AFNs live in your community?



You are not alone!

Coping with Pandemic Stress Support Group

Every day, new numbers emerge detailing the toll coronavirus is taking on our communities, but there's also an emotional cost. If you have pent up feelings of anxiety and stress due to covid-19, join the Sausalito Village weekly support group. The purpose is to have a community where you feel safe with other people who will listen without judgment.

Longtime Sausalito Village Member and Volunteer, MaryKae Krause, is an RN who has years of experience facilitating group therapy sessions in both inpatient and outpatient settings. MaryKae will be leading this weekly group every Friday afternoon at 2 pm through the month of August.

Open to Sausalito Village members and volunteers only.
The Zoom link will be sent to you in the confirmation email.
Questions? Contact MaryKae at mkstaccato@aol.com

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## For Information about food, supplies, and services visit the Sausalito Village website's <u>COVID Resources page</u>.

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