



Happy Thursday, Villagers

Please [send along](#) your suggestions for materials to add to the daily tips. We're always looking for good content. And visit our [website](#) for more information about our organization and programs.

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[BAY AREA AIR QUALITY MAP](#)

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When you hear high/ow it is time to go!



[How to Declutter Every Room in Your Home—Fast](#)

If learning how to [declutter](#) were easy, every home would be clutter-free—and they would all stay that way. Alas, [decluttering tips](#) only truly work when paired with a little elbow grease and some commitment: Decluttering is hard work. But figuring out how to [declutter your home](#) can lead to a more soothing, less stressful space. It can mean fewer possessions, which means there's less to clean. When it's time to pack up and move (hopefully with the help of some solid [moving tips](#)), there's less to pack.

**When blondes have
more fun, do they
know it?**

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[In Flight: Dramatic Photographs by Mark Harvey Capture Acrobatic Birds Mid-Air](#)



[The CDC Just Released Health Guidelines for Celebrating Thanksgiving 2020 Safely.](#)

Thanksgiving isn't canceled this year, but it is amended.



This month we recognize [World Mental Health Day](#), as well as [National Cybersecurity Awareness Month](#). Both topics warrant a focus as they relate

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With older adults facing isolation and loneliness because of the pandemic, focusing on mental health is more relevant than ever. Did you know that older adults are less likely to go to a mental health specialist than younger populations? While stigma was at the bottom of the list, paying for treatment, transportation and difficulty finding a provider were top barriers to older adults utilizing mental health services.

When it comes to cybersecurity, seniors may be spending more time online due to visitor and other restrictions, so it's important to make sure that seniors understand how to avoid and recognize scams.

Lastly, remember that flu season is upon us. With the start of the first flu season during the [COVID-19 pandemic](#), it's time to reassess your flu season preparedness to keep yourself and the senior in your life as healthy as possible.



VOTE

Concerned about mailing your ballot?

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- CARSS Drivers will be available to take you to the polls on all voting days Oct. 31, Nov. 1, Nov. 2 and Nov. 3 (covid procedures will be in place)
- OR Volunteers will pick up your ballot at your door and take it to the Ballot Box in Marin City. For it to be counted on election night, it must be in the Ballot Box 3 days before.

RESERVE your CARSS ride or ballot pick up at:
415-944-5474 or infocarss4you@gmail.com

More general voting info: [Click Here](#)

CARSS (Call A Ride for Sausalito Seniors) is a City of Sausalito Age Friendly Program managed by Sausalito Village. This program is free to all residents 60 and older or younger with a disability. www.carss4you.org www.sausalitovillage.org



[Archaeologists Discover Dog Remains More Than 8,400 Years Old Buried Next to Human in Sweden](#)

"A buried dog somehow shows how similar we are over the millennia when it comes to the feelings like grief and loss," Carl Presson, a museum project manager associated with the dig, said in a statement.

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For information about emergency preparedness and COVID resources, visit the recently updated Sausalito Village [website](#).

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Sausalito Village · PO Box 208 · Sausalito, California 94966 · USA