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Note: The Tips now has its own [email address](#) to forward ideas for content. Please correct your email.

Photo: Majestic Half Dome Feb 2021 by Ingrid Kreis



The [SausalitoVillage Website](#) has up-to-date information on COVID vaccinations and tests.

[Medicare Part B covers the COVID-19 vaccine](#), so there's no cost to you. When you go to get your vaccine, make sure to bring your Medicare card, so the vaccine provider can bill Medicare.

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hands, wearing a mask, and social distancing.



[LET AVATARS INDIAN RESTAURANT DO THE COOKING WEDNESDAY](#)

Delivery 5:30-6:30 For Sausalito Village Members and Volunteers

Two choices:

1. Curried tofu and vegetables - fresh seasonal vegetables tossed in olive oil, garlic, ginger and a light tomato and curry reduction . comes with saffron-flavored basmati rice and fresh grilled vegetables.
2. Punjabi chicken enchiladas - using corn tortillas, lightly sprinkled with jack and cheddar cheeses, homemade curried enchilada sauce, yogurt, and

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[What To Say When A Friend Is Struggling](#)

We want to be supportive of our friends, colleagues, partners and family members when they're having a hard time. But what does that actually look like?

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[Photographer Andrew Fusek Peters spends lockdowns taking photos of garden birds](#)

He's since become a wildlife sensation



[How To Care For Older People In The Pandemic \(And A Printable Guide!\)](#)

During this pandemic, I've been worried about my grandma — Nanay, to me. That's Tagalog for mother.

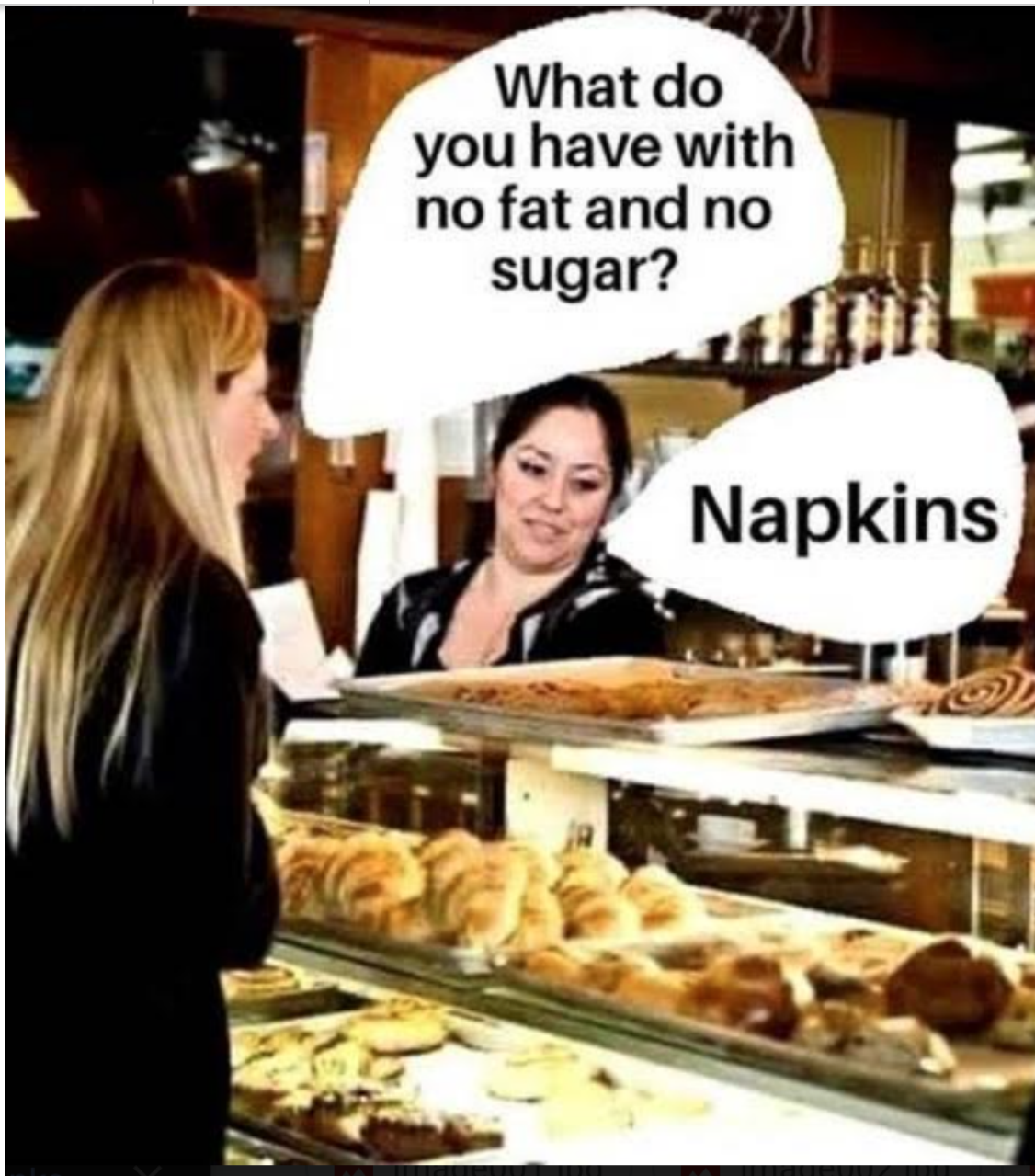
Her name is Felisa Mercene. She's a Filipino American immigrant. She's 92. Since March, she's been living in isolation from most of our family in Southern California. Her relatives have been wary of visiting. What if they had COVID-19 and infected her?

3,000 miles away in Washington, D.C., where I live, I wondered: Is she feeling safe? Is she happy? Or ... is she lonely?

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[Estate Planning Checklist: 5 Tasks to Do Now, While You're Still Well](#)

Being prepared is going to feel great, you'll see. As you work your way down the list, make sure you communicate your decisions with your loved ones.

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***preparedness and COVID resources, visit the
continuously updated Sausalito Village
[website](#).***

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