



Happy Monday, 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.

Photo: Sonoma by Tricia Smith

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

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What's Happening

Monday: [Stretch & Strengthen with Rayner](#). 11-12

Tuesday: [NEW! MONTHLY BOOK REVIEW CLUB](#). 10-11

Wednesday: [PICKLEBALL AT MLK COURTS - COME LEARN AND PLAY!](#).
2:15-3:15

Friday: [DOCENT LED WILDFLOWER WALK ON RING MOUNTAIN](#). 11

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Ciji Ware - Roland Ojeda - Cathy DeLano - Patricia Smith - Robert Sass - Mary Smith - Jack Sherwood - Alice Merrill - Mary Robinson - Burton Drobnis - Jacqueline Kudler - Lucinda Watson - Nina Meister - Anne Dorsey - Sybil Boutilier - John Oppenheimer - Carolyn Revelle - Anne Buntter - Lore Philips - Sunshine Weismehl - Suzanne Willner

Book Review Club

Tuesday, May 4th, 10am

Are you reading a book you just can't put down (fiction or nonfiction)? Come describe it to other bibliophiles, and hear about their favorite books. This "book club" is fun because there is never a book assignment to read prior to meetings. And you'll get some good new book recommendations!

The group will meet monthly - time/day may change once we receive feedback from

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Click here to RSVP for the Zoom

link: <https://sausalito.helpfulvillage.com/events/2808>

Know someone without a computer who would like to join in?

Email sausalitovillagersvp@gmail.com **for the information on how to join in the meeting by phone, even landline.**

Questions? Contact sausalitovillagersvp@gmail.com

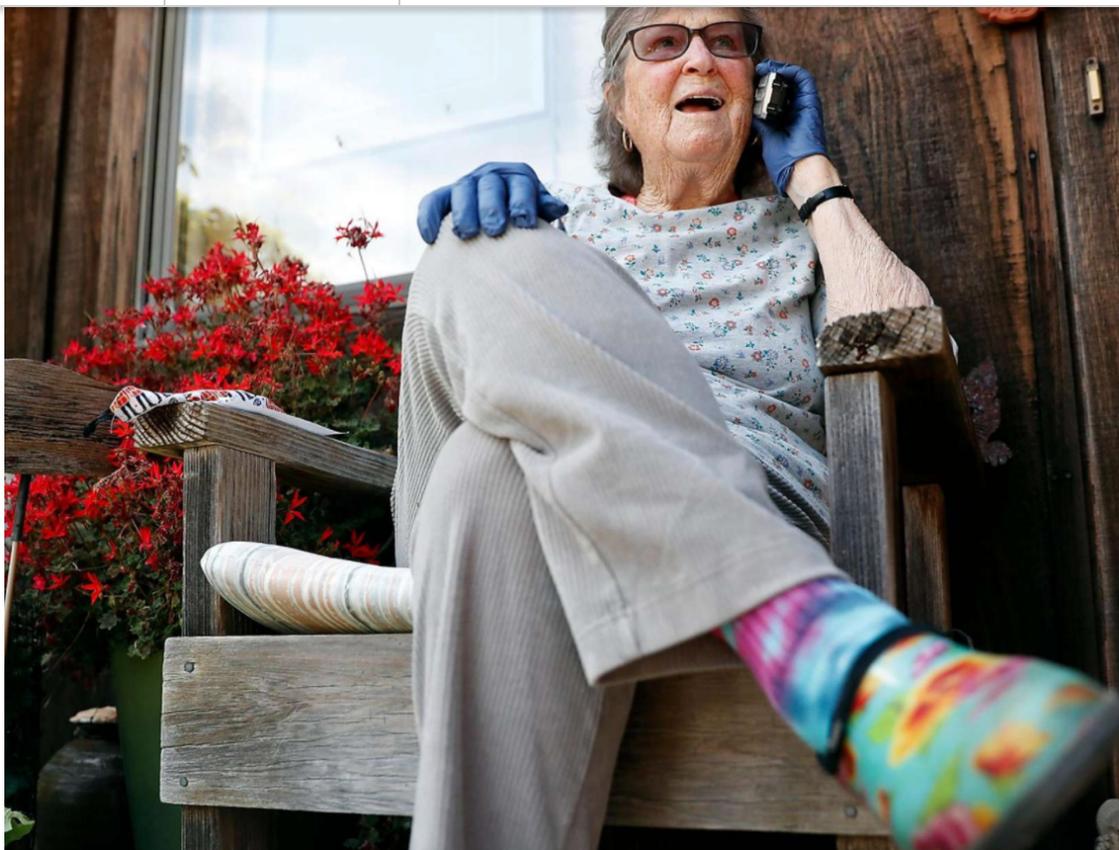
 Screen Shot 2021-05-02 at 11.30.31 AM.png

Wondering about the status of Golden Gate Village community in Marin City?

The Resident Council of Golden Gate Village has created a new website. Click here to learn more about the history and future of the largest housing project in Marin

County: <https://www.ggvrc.org/index.html>

 Screen Shot 2021-04-30 at 12.04.22 PM.png



[Nursing student program a lifeline for isolated West Marin seniors during pandemic](#)

West Marin County is a definition of rustic charm: Lush ranch pastures and oak-studded hills sparsely dotted with picturesque little towns offering gourmet food, art galleries and enough solitude to make Thoreau's ghost smile.

But sometimes all that solitude can be too much. Like now. With the coronavirus crisis chasing everyone into their houses for quarantining, older people who already were isolated there in tiny hamlets and down winding dirt roads are suddenly more alone than ever — and in need of help.



Joy Ho for NPR

Wherever you are in your pandemic processing, know that your feelings are valid — and that just about everybody's mixed up about it: whether it's [post-quarantine socializing](#), [vaccine pain points](#), the dissonance you might feel finally unmasking while COVID-19 [takes such a heavy toll in India](#), or the struggle to combat numbness when confronted with a tragedy of this scope — [this comic](#) explains why our brains get desensitized and outlines concrete steps to deal with that feeling.

Remember, knowledge is power.

If you're not yet vaccinated: you can [track how vaccination campaigns are going in your state](#), or use the [CDC's website](#) to find a vaccination center near you.

If you are fully vaccinated: (fully meaning it's been at least two weeks since you received your complete vaccination dosage), [NPR spoke with infectious disease experts about what's safe and what's not](#). While we still need to proceed with caution, the great news is: **hugs are officially [back on the table!](#)**

Other hopeful headlines? Vaccinations gave the economy [a big boost](#), and scientists are working to [develop blood tests that will determine how long COVID-19 vaccines will protect you](#). That's forward motion, friends!

But, if you're not quite ready to look on the sunny side of the street just yet: we get that. Take the time and space you need to take good care of you — if you need help with [that time](#), or [that space](#), we've got you covered. ;)



I just read the article you wrote for Sausalito Village - I just wanted to correct one important comment. I met Leonard in Fresno, long before he came to Sausalito. We were friends for 8 years before we started dating. By 1963 he had come to Sausalito and I moved up here in 1970 after we were married in Fresno. I grew up in those years when you went from your father's house to your husbands house. Different from today.

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[I Spent a Year in Space, and I Have Tips on Isolation to Share](#)

Take it from someone who couldn't: Go outside.

Some of Kelly's tips include:

Follow a schedule

Take time for fun activities

Go outside

Read a book

try a craft or make some art

keep a journal

take time to connect



[Get that Grab 'n Go Bag Ready — With COVID-19 in Mind](#)

We gathered tips on what should be in your emergency bag during the pandemic, with advice from San Francisco's Neighborhood Emergency Response Team (NERT), [Listos](#) California Emergency Preparedness Campaign (guide available in [English](#) and [Spanish](#)), [Cal Fire](#), the [American Red Cross](#) and the [Centers for Disease Control and Prevention](#).

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