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Happy Saturday, Villagers



It's Day 4 of Shelter in Place. Don't forget to get outside if you can, even if it's just to stand on your front stoop or sit for a while on your deck! Also, remember you can access phone numbers through the membership list at our [website](#). So log in today and reach out to each other. Let's stay connected during this period of social distancing.

For the Brain



More and more, live musicals are being filmed for PBS or streaming services like Netflix, Amazon Prime Video, BroadwayHD and more. Productions of Off-Broadway's *Puffs* to Broadway's [Indecent](#) to the West End's [An American in Paris](#), new captures of stage productions regularly become available.



The Five Wishes

Recognizing the importance of this moment for all of us, Five Wishes is taking the unprecedented step of making the Five Wishes document [available online to individuals at no cost](#) for a limited time. Use it for yourself. Use it for your spouse, siblings, adult children, extended family, and friends. Just use it. If you completed Five Wishes a long time ago, now is a good time to update your document.

Here are some things we can say to those who are most important to us.

- You matter to me

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- I want to do the right things for you

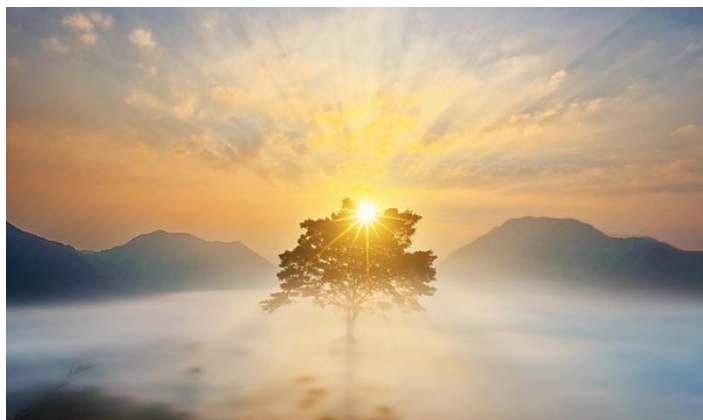
That's a good way to start any important conversation with your family or close friends.

If you're looking for a way to start... start with what matters most. These [Five Wishes conversation tips](#) can get the ball rolling. Now is the perfect time to think about what matters most, and talk to the people who matter most to you.

Paul Malley

President

[Aging with Dignity](#)



Lockdown

Yes there is fear.

Yes there is isolation.

Yes there is panic buying.

Yes there is sickness.

Yes there is even death.

But,

They say that in Wuhan after so many years of noise

You can hear the birds again.

They say that after just a few weeks of quiet

The sky is no longer thick with fumes

But blue and grey and clear.

They say that in the streets of Assisi

People are singing to each other

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so that those who are alone
may hear the sounds of family around them.
They say that a hotel in the West of Ireland
Is offering free meals and delivery to the housebound.
Today a young woman I know
is busy spreading fliers with her number
through the neighbourhood
So that the elders may have someone to call on.
Today Churches, Synagogues, Mosques and Temples
are preparing to welcome
and shelter the homeless, the sick, the weary
All over the world people are slowing down and reflecting
All over the world people are looking at their neighbours in a new way
All over the world people are waking up to a new reality
To how big we really are.
To how little control we really have.
To what really matters.
To Love.
So we pray and we remember that
Yes there is fear.
But there does not have to be hate.
Yes there is isolation.
But there does not have to be loneliness.
Yes there is panic buying.
But there does not have to be meanness.
Yes there is sickness.
But there does not have to be disease of the soul
Yes there is even death.
But there can always be a rebirth of love.
Wake to the choices you make as to how to live now.
Today, breathe.
Listen, behind the factory noises of your panic
The birds are singing again
The sky is clearing,
Spring is coming,
And we are always encompassed by Love.
Open the windows of your soul
And though you may not be able

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Fr. Richard Hendrick, OFM

For the Body



[VIDEO: 15 MINUTE SENIOR EXERCISE PROGRAM FOR BALANCE AND STRENGTH](#)

Groceries/Supplies

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Remember you can contact Sausalito Village/CARSS if you are in need of essentials - food, medication, pet supplies. Call 415-332-3325 or email sausalitovillageconcierge@gmail.com. All of our volunteers have been vetted.

Driver's Market offers curbside grocery pick-up service.. Email graham@driversmarket.com and the Driver's staff will gather your groceries and bring them out to your car.

if you are ordering food to go, support our local restaurants! Many of them are registered with delivery services such as www.grubhub.com, www.doordash.com, or www.trycaviar.com . You can also order delivery from [BevMo's Instacart](#). Wash your hands after removing food from delivery containers.

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some cases, they might tell you they'll send you a Coronavirus test, masks, or other items in exchange for your Medicare number or personal information. Be wary of unsolicited requests for your Medicare number or other personal information.



Shopping Tips

- Avoid using baskets or carts by bringing along your own vinyl shopping bags with handles. If possible, line with a doubled paper bag to create a solid bottom.
- Load heavy stuff first, eggs on top.
- If available use self-checkout.
- Use your car keys or a pen at any keypad device.

Target (9 am), Good Earth (9 am), and Whole Foods (8 am) limit the first hour of shopping to seniors as well as those who are immune-suppressed and pregnant women.



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