



## Happy Tuesday, Villagers



*Thanks to everyone who has submitted content for the daily tips. Please keep it coming. Just email directly to us [here](#).*

## Community Corner



***Ann Heurlin has an abundance of Meyer lemons and wants to give them away but is not leaving her home. People can email [triciasmith58@yahoo.com](mailto:triciasmith58@yahoo.com) and she will deliver them to people's doors. They just need to tell her how many and their address.***



Sausalito clothing designer Jill Giordano, who owns gr.dano boutique, has been working with volunteers to make fabric masks. They are not intended to keep you safe from the virus, but will help to keep you from touching your face.

Email [triciasmith58@yahoo.com](mailto:triciasmith58@yahoo.com).

[Send ideas, inspirations, tips and suggestions.](#)

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## For Your Brain



iHeart Concert for America

*iHeartRadio teamed up with FOX to present The iHeartRadio Living Room Concert for America on Sunday, March 29th.*

*Hosted by [Elton John](#), this unique remote concert featured some of music's biggest stars including [Alicia Keys](#), [Backstreet Boys](#), [Billie Eilish](#), [Billie Joe Armstrong](#) of Green Day, [Camila Cabello](#), [Dave Grohl](#), [H.E.R.](#), [Mariah Carey](#), [Sam Smith](#), and [Tim McGraw](#), as they perform (while social distancing and staying home) from their own living rooms. Performances were filmed with their own personal cell phone cameras and audio equipment to insure the safety of everyone involved.*

We're still searching for the entire video of the iHeart Concert for America hosted

by Elton John. Here's a [link](#) to a sampling of the performances, starting with Alicia Keys.

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## Helpful Tips from a local psychologist

Get your news from trusted sources, such as the CDC. But limit your time on these and other news sites, because constantly checking the news can increase your anxiety and interfere with your ability to attend to other important parts of your life, such as your work and relationships.

Notice when you are catastrophizing. Our brains usually tell us that the risk of danger is higher than it actually is. Try to notice your worry thoughts and challenge whether they are based in fact. For example, the risk of having complications from coronavirus is actually very low, if you're not in a high-risk group. And even if you are, there are measures you can take to minimize your risk of infection and severe illness.

Taking care of yourself vs worrying about yourself. Focus on the actions you can take to stay healthy. That means washing hands, social distancing, avoiding crowds, and exercising outdoors or at home. Worry, on the other hand, drains your mental and emotional resources, increases stress, and has a negative effect on your immune system.

When worry comes, notice it without judgment (it's part of being human!) and take "opposite action." Anxious thoughts constrict our bodies and our breathing, preparing us for immediate battle (which is not helpful in this situation). Instead, practice deep breathing when you notice your body tensing up. With one hand on your belly, inhale deeply through your nose for 3 counts and then

exhale slowly through your mouth for 6 counts. Repeat for several minutes. This helps your nervous system relax, grounds you in the present moment, and gives your mind a rest from worry.



This is also a wonderful time to start a mindfulness meditation practice (apps like Headspace, Buddhify, and Calm are worth checking out).



The [Virtual Tour of the Sistine Chapel](#) Is Absolutely Breathtaking

View the article + more on [Flipboard](#).

Find your favorite topics on Flipboard. Download [here](#).

Our cleaning lady just called and told us she will be working from home and will send us instructions on what to do.  



## Food, Shopping. Assistance

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

### **Local Shopping News for Seniors**

More and more villagers are having their groceries delivered using online shopping such as Molly Stone's Instacart.

**DRIVER'S MARKET:** 9-10 Shopping hour; Curbside pickup call 415-729-9582 with phone number, list of items and credit card or local check.

**GOLDEN GATE MARKET:** Curbside Pick Up - Order by phone at 415-332-3040. They will shop for you and have it ready for pick up. Credit card payment over the phone; prefer not to take checks.

**Molly Stone's:** Senior shopping Tuesday/Thursday/Saturday 7-9 All cashiers have glass shields and there are blue lines to keep distance between customers.

**Trader Joes** (Cost Plus): Opens at 9. They currently only allow 30 people in the store at once. Suggest the least crowded time is around 11.

**Whole Foods:** 8-9

**Good Earth:** 9-10

**Target** Wednesdays 9-10

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

**CVS is offering free delivery of prescriptions and everyday essentials.**

## TIME

How Can You Safely Grocery Shop in the Time of Coronavirus? Here's What Experts Suggest



A highly informative article with information from the CDC.

## 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.

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