



Happy Thursday, Villagers



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

For Your Brain



[Tips From Someone With 50 Years Of Social Distancing Experience](#)

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Conversations
That Matter

Dial in Program at World Affairs

[Spotlight on Israel with Aaron David Miller](#)

Join us for our next Dial In program!

This week we will feature [Aaron David Miller](#), Senior Fellow at the Carnegie Endowment for International Peace and former US Middle East peace negotiator, in a conversation about the future of Israel as the country deals with the aftermath of a contentious election and a devastating COVID-19 outbreak of their own. Join us on **Thursday, April 2, at 12:00 PM.**



[It's Time to Talk About Death](#) (from The New York Times)

The coronavirus pandemic highlights how much we need to have conversations about end-of-life care.

Our collective silence about death, suffering and mortality places a tremendous burden on the people we love, and on the doctors and nurses navigating these conversations. We should not be discussing our loved one's wishes for the first time when they are in an I.C.U. bed, voiceless and pinned in place by machines and tubes.

Talking about death is ultimately talking about life — about who and what matters to us, and how we can live well even when we are dying. Rather than being motivated by fear and anxiety, we can open these discussions from a place of care and concern.

Note: If you have an Advance Directive and/or a POLST that includes a DNR (Do Not Resuscitate order), you may want to consider reassessing your instructions in light of the current public health crisis we are all confronting.



[How you can support bookstores during the coronavirus pandemic.](#)

Though most bookstores are closing their doors to the public, you can still buy books from them! And because you believe in our shared responsibility to preserve the wellbeing of those most vulnerable among us, you're staying home and reading books, right? This past weekend saw many book people taking to Twitter to start recommendation threads and it was really lovely to see. Though the coming months are going to be hard on all of us, the emergence of supportive digital communities (already so crucial for those on the margins) is—and will be—a wonderful thing to see. We're going to do everything we can to support and amplify these communities, and to help those in need. As such, a lot of these posts are going to be updated regularly

[Sausalito Books By the Bay](#) will deliver a book to you and also offers curbside pickup. Call 415-887-9967

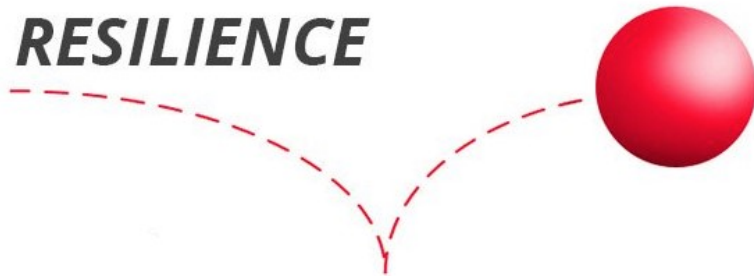
Book Passage Online Series



Book Passage's new, free online event series *Conversations with Authors*—begins this weekend. Anne Lamott, Isabel Allende, Cara Black,

Khaled Hosseini, Dave Eggers, and Jason Rezaian have volunteered to appear live in conversation in the coming events. [Learn more and sign up today.](#)

RESILIENCE



[Being Resilient During Coronavirus](#)

During times like this, it's natural to feel afraid, anxious, or threatened. The brain has evolved to react quickly to threats, and it's easy for there to be a sense of helplessness associated with problems that appear far beyond our control.

But being consumed by fear causes wear and tear on the body, which actually undermines your safety. That's why it's so important to look for ways to be effective and express our agency, even if it's only through how we choose to think about things.

For Your Body



Friday Evening at the Spa

Join Soulstice for an enlightening, inspiring evening conversation

(LIVESTREAM) with intuitive and spiritual catalyst Terrie Burns. Burns will discuss how we are coping as we live through rapidly transforming times.

Tune in LIVE this Friday evening April 3rd at 7PM on [Facebook.](#)



Senior Exercises at Home



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. 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. If you need help setting this up, call 415-332-3325

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: Senior Shopping 8-9 with 15% discount. 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, 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.

CVS is offering free delivery of prescriptions and everyday essentials.

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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