



Happy Monday, Villagers



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

Tips for the Brain

The Howl



Did you notice folks howling or cheering outside last night at 8 pm? Following news that Mill Valley residents (see image above) began howling at 8 pm each night to signal appreciation for the nation's health care workers and others who are keeping our essential services up and running, Sausalito began howling last night. Join your neighbors and open your front door to participate this evening at 8 pm.

Here's a poem written about 'the howl' by Sybil Boutilier

(to the tune of "Home, Home on the Range")

Oh give me a home
Where the virus can't roam
And there's vaccines for every odd ill
Where seldom is heard
The social distancing word
And a sneeze from your friend cannot kill

So let's howl, howl gratitude
And we hope you won't think that we're rude
It's for the medical folks
Cause this just ain't no hoax
And for folks that are bringing us food

And let's Howl, howl every night
To be sure that we never lose sight
They've put their own health at risk
To care for those who get sick
And we thank them for fighting our fight

So Howl, howl from the heart
Cause everyone must do their part
And we're thanking them all
Cause they've answered the call
And they've been there for us from the start

(then follows heartfelt howling)



Share your Stories

Holly Bacuzzi and neighbors pulled up chairs in her condo complex and enjoyed a physically distanced cocktail party! [Send](#) images and tales about creative ways you are finding to socially distance and still maintain a sense of community and connectedness.

TED TALK Update



Due to the “shelter at home” public health order, we had to cancel our first scheduled TED Talk, which we planned to hold at the Edgewater Room in City Hall on Thursday, April 2.

However! Instead of postponing the event, we are going to host it online using a video conferencing service called Zoom. If you were unable to participate in the Zoom training we offered last week, but want to “attend” the TED Talk, let us know and we will provide you with the information required to use Zoom. Please don’t be intimidated – it’s easy!

TED Talk / “What Really Matters at the End of Life” with BJ Miller

Date: Thursday, April 2

Time: 12:00 - 1:00 pm

Format: Online Zoom meeting

RSVP required: Send email to SausalitoVillageRSVP@gmail.com by Wednesday, April 1

We will respond to RSVPs with simple instructions for accessing the event.

Here is the event agenda:

We will begin by watching the 20-minute talk by BJ Miller, a hospice and palliative medicine physician who thinks deeply about how to create a graceful end of life for his patients.

After that we will open the meeting up for discussion. We’re hoping each of you will **make note (have pen and paper handy!) of things in the talk that particularly strike you** -- BJ is a brilliant speaker and there are many wise gems in this talk.

JOIN US ON THIS MAIDEN ADVENTURE IN ZOOMING! The talk will touch you deeply, and Zoom may open up new horizons for you about how to communicate virtually during these exceptional times.

Looking forward to seeing you there!

[Meditate for Free with Deepak Chopra and Ophra Winfrey](#)



The **#HopeGoesGlobal** movement is quickly gaining ground. Meditators all over the world are coming together to access their own inner strength, and shift the rising tide of fear.

Meditate with us for 21 days of hope. Together, we can find calm, create connection, and make a quantum leap towards global well-being.

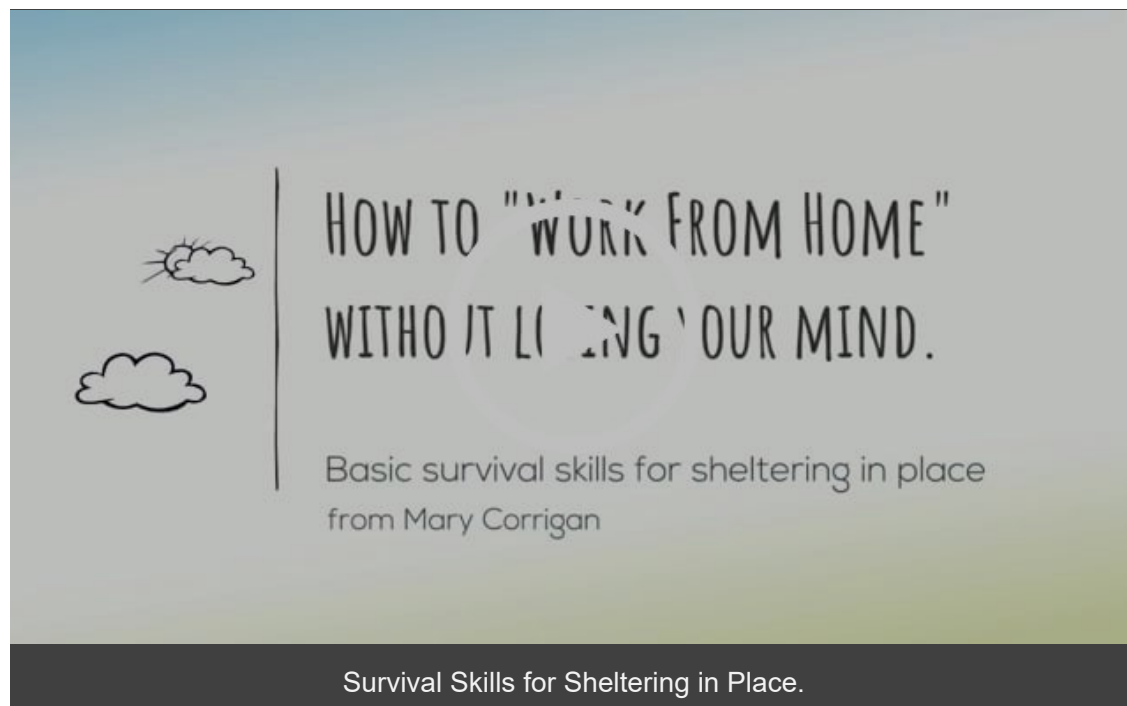
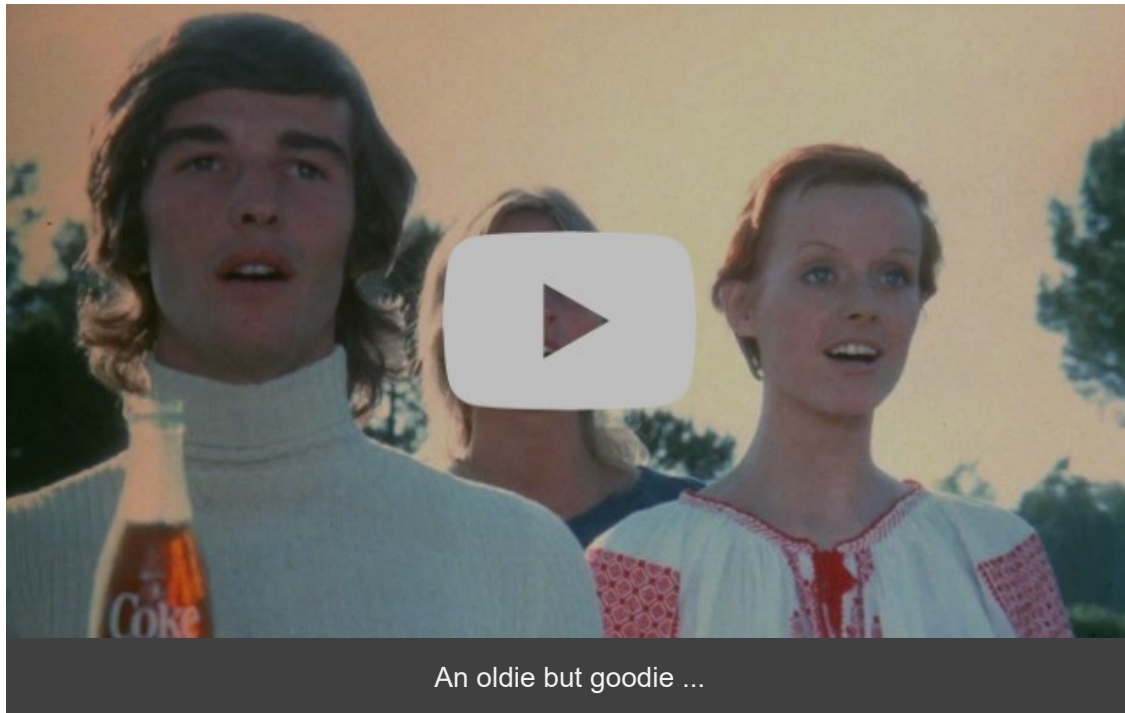
[Join the movement](#)



[How to Spend the Time](#) (Slate Magazine)

It is better to be grateful than to pronounce yourself lucky, and other lessons from quarantine.

Today's Videos





Peer Gynt, **Grieg's *The Holberg Suite*** is a suite in five movements based on 18th century dance forms. Originally composed for the piano in 1884 to celebrate the 200th anniversary of the birth of Dano-Norwegian playwright Ludvig Holberg, the Suite was adapted by Grieg himself a year later for string orchestra

Tips for the Body



14 fitness apps and streaming services that you can try at home for free



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 sausalitovillageconcerge@gmail.com. All of our volunteers have been vetted.

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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