



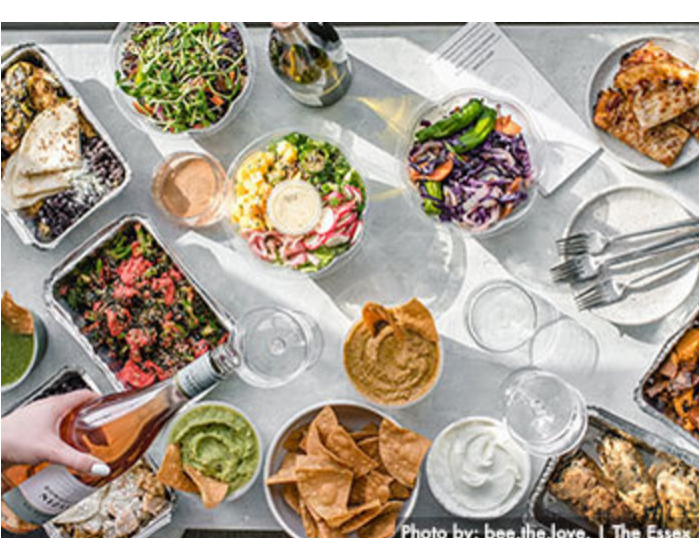
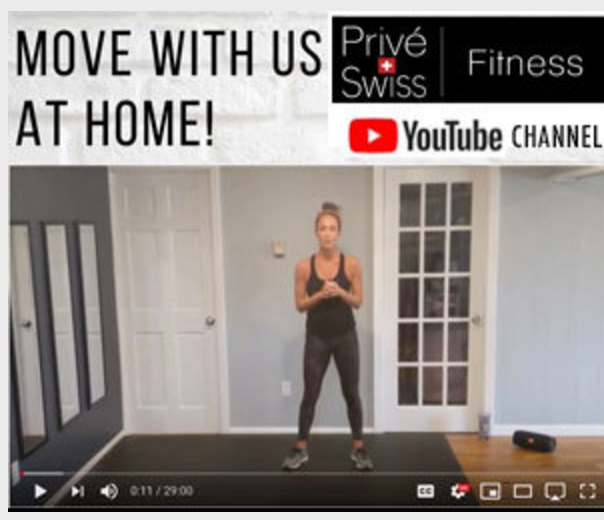
Well, hello out there! This is a whole new kind of crazy. I wake up in the morning and forget for one tiny moment about coronavirus. I look out my window and see a peaceful vista of Lyme and forget for another second what is happening in the world. Last week my mind was going a mile a minute. I was distraught about laying off my employees.

The grocery stores were barren (although I have enough lentils to see us through). I tried Instacart (home-delivery from Big Y), and the delivery woman apologized profusely for being able to find only two items on my list. Her substitutions will have me trying something new. Heinz makes low-sugar ketchup with honey?? Who knew? And, wait, Big Y is out of KETCHUP? This woman had just been laid off from a local restaurant and was thankful to have the job.

So last week was a buzz of activity between closing up shop, fielding advertising cancellations, and procuring supplies. This week, however, it seems we are on the precipice. The wave of illness and death seems imminent. The news from New York is downright terrifying. And my husband dons his scrubs and heads to the hospital every day. He's far from the front lines, but he showers the minute he gets home.

Now it's just Laura and me, working at home, a bit like back to the beginning of The E List. We'll continue to write the list as long as we can find helpful nuggets to pass along. Hang in there.

Love,
Erica



Support Our Restaurants: Local Take Out

Our local restaurants need you. We gathered a list of available take out from Stonington to Branford. We are happy to add as we go. Please **email us** any additional listings.

[See the List](#)

Above the Storm Clouds: Finding Calm in Challenging Times

By Samantha Friedrich Steinmacher, LPC

A local Psychotherapist shares some easy, practical, calming tools that will work for adults and children.



[Read the Article](#)



Links We Need Now

From virtual workouts to cooking classes, here are a few links to help you get you through your day.

[Get the Links](#)

A Time for Heightened Addiction and Trauma Issues - Don't Go It Alone

by Joanna Crowell, Licensed Therapist, Substance Abuse, Addiction, and Trauma Specialist

Privé Swiss has a team of excellent health and wellness providers who we've turned to for some words of wisdom during this trying time.



[Read the Article](#)

p.s. from Erica

In addition to food take-out, don't forget your local package stores. Our gem of a neighbor, **Chester Package Store** is offering curbside pickup and delivery. We just received our case of beautiful assorted wines! Call Eric at **860-526-5305**.

Here's An Update From Ivoryton Playhouse

Sadly, THE GREAT GATSBY, the second production in their season has been canceled. FORBIDDEN BROADWAY COMES TO IVORYTON is postponed. They hope to return on May 27th for 3 weeks of madness and mayhem.

For those with tickets to any of the canceled or postponed shows, you will be receiving a phone call very soon. Please **check the website** for updates and information on upcoming shows.

FUTURE SHOWS ARE NOW ON SALE!
Buy tickets on their website for summer and fall shows.

Need to get your word out? We have drastically reduced our standard ad rates to \$100. Email us here for more info.

CONNECT



[ABOUT ERICA](#) / [ASK ERICA](#) / [OUR WEBSITE](#) / [ADVERTISE](#)

Don't miss a list, sign up here:

[SUBSCRIBE](#)

VISIT OUR CLOTHING SHOP!
1 North Main Street
Chester, CT
860.322.3388

SHARE

