

Collectively Grieving References and Resources

Loneliness researchers:

John Cacioppo TEDx Talk: youtu.be/_0hxI03JoA0

Carla Perissinotto Osher Center for Integrative Medicine lecture:
youtu.be/ispQThBis2U

Patrick's book recommendations for boosting resilience during the pandemic:

Staring at the sun: Overcoming the Dread of Death (2008) – Irvin Yalom

Successful Aging (2020). – Daniel J. Levitin

Gawande, A. (2014). *Being Mortal: Medicine and what matters in the end*. New York: Metropolitan Books.

Greenspan, M. (2003). *Healing through the Dark Emotions: The wisdom of grief, fear, and despair*. Shambhala.

Moore, T. (2017). *Ageless soul*. New York: St. Martin's Press.

Tharp, T. (2019). *Keep it moving: Lessons for the rest of your life*. New York: Simon & Schuster.

Wiesenthal, S. (1969; 1997). *The Sunflower*.

Hooks, b. (2004). *The will to change: Men, masculinity, and love*.

Tolle, E. (2005). *A new earth: Awakening to your life's purpose*.

Pipher, M. (1996). *The shelter of each other: Rebuilding our families*.

Murthy, V. (2020). *Together: The healing power of human connection in a sometimes lonely world*.

Singer, M. (2007). *The untethered soul*.

Community Resources:

Friendship Line: www.ioaging.org/services/all-inclusive-health-care/friendship-line

Community Living Campaign Online classes: sfcommunityliving.org/events/

San Francisco Village: www.sfvillage.org/

Covia Well Connected: covia.org/services/well-connected/

Covia Social Call: covia.org/services/social-call/