

Hi Everyone,

Hope you are all hanging in there. I hope that we are headed toward flattening the curve and this will all be behind us soon. I started this work from home journey 1 month ago and I miss my commute (lol), my co-workers and most of all seeing all of you...a month seems like a short time but really feels much longer than that. Saco has had our first casualties; Krispy Kreme has closed permanently and our favorite server told me that Pizza Hut is next. ☹

We all have to stay positive and know we will be together again soon.

The first thing I need to share today is that ALL MAY activities and trips have been canceled. If you have any questions please do not hesitate to reach out to me. In addition, registration date has been changed from April 20th to May 18th for residents and May 21st for non-residents.

I hope you all enjoyed your Easter Sunday, no matter what you did. I watched church on-line, and video chatted with family during our meal, which was different and weird, but necessary. Our first granddaughter is due May 15 so we have to make sure she stays safe so she can arrive healthy. I also went for a walk and read out in my backyard. Monday evening we did a drive by birthday party for my niece who turned 30 in the pouring rain, not the party she wanted but she was so happy, it is too bad the weather did not cooperate. It was a ten-minute outing out of the house for me woo-hoo!

This week I read another book call Viscous which was intense, but I could not put it down, it is a mystery/thriller, somewhat scary but a good read. I am working on another puzzle, and walking a lot. My husband keeps me busy asking me questions all the time on how to do stuff. He really needs to go back to work!

We have some new visitors to our yard, we have a huge tom turkey who visits daily and today we had a deer in the driveway! I think they are coming around because they wonder where we have all disappeared! I also have many birds in my feeders but am having squirrel problems. Do any of you know how to keep the squirrels away? We have tried WD40 and it did not work. Any suggestions?

I would like to hear back from you on what you are all doing, reading, and watching on T.V. etc.

When searching for items for this e-mail I came across this "Cheers to Chapter Two". I really liked two of the articles in here. One is called "Learn to be Happy Right Now Amidst the Pandemic" and the other is "Tips on How to Handle Anxiety during this Pandemic". There are a lot more but I found these two the most interesting. Here is the link:

<https://cheers2chapter2.com/>

A Good Read about why it is good for your brain to do jigsaw puzzles

Complete a jigsaw puzzle, whether it is 1000 pieces or a Mickey Mouse puzzle!

- Jigsaw puzzles exercise the left and right sides of your brain at once
- Jigsaw puzzles improve your short term memory and visual-spatial reasoning
- Jigsaw puzzles are a great way to connect with family and are great for some needed alone time

Studies show that people who do jigsaw and crossword puzzles have longer life spans with less chances of developing Alzheimer's disease, memory loss or dementia. A recently published study in the Archives of Neurology compared brain scans of 75-year-olds to 25-year-olds. The elderly people who did puzzles regularly had brain scans comparable to the 25-year-olds.

<https://www.brandpointcontent.com/article/33202/7-surprisingbenefits-of-doing-jigsaw-puzzles>

This week let's think spring, gardens, flowers and planting and how much joy they all bring us! It is about that time to start planting and getting your gardens ready. When we look at all these beautiful flowers and gardens it is hard not to see that all good things come to those who wait.

Check out these beautiful garden tours:

<https://www.kew.org/about-us/virtual-kew-wakehurst>

<https://www.apartmenttherapy.com/garden-virtual-tours-36736334/>

<https://www.neaq.org/visit/at-home-events-and-activities/>

<https://www.cnbc.com/2020/04/12/photos-keukenhof-gardens-hosts-virtual-tours-amid-covid-19.html>

<https://www.housebeautiful.com/uk/garden/g31913008/best-virtual-tours-garden/>

I also recommend this Nature Spot idea:

<https://www.mnn.com/health/fitness-well-being/blogs/how-find-sit-spot-and-start-sit-spot-routine>

If flowers and plants are not your thing then maybe you want to check out something here:

Sorry - I forgot this for RELAXING last week:

<https://www.rd.com/health/wellness/breathing-exercises-for-relaxation/>

More animal cams and places to check out:

<https://www.swfleaguecam.com/>

<https://zoo.sandiegozoo.org/live-cams>

Mystic Aquarium, Mystic, CT (cute Belugas and Penguins! I have done the Beluga encounter – and it was amazing!) See live feeds here: <https://www.mysticaquarium.org/>

Monarch Butterfly Migration google earth tour
<https://www.youtube.com/watch?v=uqDwvuleRYc>

Some Misc. Things You Might Enjoy:

AirPano 360 degree panoramic experiences from around the world
<https://www.airpano.com/>

Preserve food – Natural Center for Home Food Preservation
<https://nchfp.uga.edu/>

Earthsky.org
Lyrid Meteor Shower April 16-25, 100 Meteors per hour

If you want to try out some new games, try these:

Games to Try:
<http://www.wheeloffortune.com/so-many-ways-to-play/toss-up-challenge/>

<https://www.cardzmania.com/games/Spades/637>

More Good News – This always brings tears to my eyes by the time it is over

Some Good News Episode 3 Watch until the end!
<https://www.youtube.com/watch?v=Eg08rJGKjtA>

RECOGNITION:

I wanted to take a minute to recognize Judy Simpson. Last week she had sewn 148 masks for people and donated them all. Judy, thanks for all that you do. Your willingness to give freely of your time and talent are greatly appreciated, and your efforts are making a difference in the community. I am sure she has sewn more than that number now. She sews for hours and sometimes forgets to even take a break and take care of herself. You are truly an inspiration to us all Judy. Thank you.

RECIPE:

Bagged Omelets

Put a big pot about half full of water on the stove and bring it to a boil. Then decide how many eggs you want in your omelets. You break the eggs, stirring with a fork to mix them well, put the beaten whites and yolk into a quart-size locking plastic freezer bag. Then you add to the bag whatever you want from what you have available. Then lock the bag and squish it all up to mix everything well. When it is all mixed, drop the bag in the boiling water and let it boil 15 minutes. Voila! Every time you get the omelet, you want. Not burned or crumbled up omelets, but perfect ones that slip right out of the plastic bags onto the plate.

JOKE:

An old woman says to an old man at the rest home, "I can guess your age."

The man doesn't believe her, but tells her to go ahead and try.

"Pull down your pants," she says.

She inspects his rear end for a few minutes and then says, "You're 84 years old."

"That's amazing," the man says. "How did you know?"

"You told me yesterday."

TRIVIA: What did Francis Watson and James Crick become famous for discovering?

BRAIN TEASER:

What word is spelled incorrectly in every dictionary?

Tips:

- If you wear glasses with your mask, as I do, clean your glasses with shaving cream and it will stop your glasses from fogging up when you wear your mask. I wish I had known this before I went to the store last time!
- For those of you that had not heard, Ocean State Job Lot is giving you five free napkins and one tablecloth so you can use them to make homemade masks.

QUOTE:

"Adopt the pace of nature: Her secret is patience." —Ralph Waldo Emerson

When it rains, it pours, but soon the sun shines again.

Stay positive, better days are on their way, Karla