

Hi Everyone,

How are you all doing? Hope you are all staying safe and healthy. It looks like the curve may be flattening and we may be able to get back to a semi normal life in June. I hope that we will be able to re-open and I can see some of your smiling faces in person again! Hope is the key word this week! As always I hope, you can find at least one good piece of advice in this e-mail, one thing to enjoy or one thing that makes you smile.

I have been keeping busy per usual, working, reading Wicked still (it is a hard one), going for walks and last night I went for my first sea glass hunt of the season. The tom turkey has not returned to our yard in over a week so we assume he met his maker, since it is turkey season and NO it was not my husband who got him! I did find the episode of North Woods law, funny it came across my Facebook as a memory last week. The episode is called Turkey Dogs and it is \$1.99 on Amazon Prime. It was filmed in April of 2013 and aired in that season.

We got a call from my son at 2:15a.m. yesterday saying that his wife's water broke and that he could not go turkey hunting with my husband. We have had a very long day/night but so happy to say that our granddaughter Everly Renee was finally born this morning at 3:28a.m., 7.7lbs, 21 inches! She is adorable and they are all doing well. We will meet her during a Zoom meeting later today. The Dr. recommends that we do not see her for 6 weeks after they come home, I seriously do not think I can do it, it will kill me, but if it keeps her safe I will. From the pictures it looks like she has my son wrapped around her little finger already!

Update: Day Trip to Loon Mountain on June 2nd has been canceled ☹️

I am running out of ideas for you. I hope I have not repeated any from a previous week, please let me know if I do! Enjoy 😊

INTEREST IN ARCHITECTURE:

FRANK LLOYD WRIGHT VIRTUAL HOME TOURS:

<https://savewright.org/news/public-wright-sites-swap-virtual-visits/>

IF YOU HAVE NO MEANS OF SOCIAL MEDIA YOU CAN STILL SEE THE VIRTUAL TOURS HERE:

<https://savewright.org/news/wright-virtual-visits-april-30/>

TOUR 7 of the VATICAN'S POPULAR SITES

<http://www.museivaticani.va/content/museivaticani/en/collezioni/musei/tour-virtuali-elenco.html>

ENTERTAINMENT:

TOP TEN-SHIRLEY TEMPLE DANCE NUMBERS:

<https://www.youtube.com/watch?v=yhVMXruhdzc>

LAUGHTER VIDEOS: LUCILLE BALL/JOHNNY CARSON/CAROL BURNETT/GOLDEN GIRLS

<https://www.vniles.com/1233/Laugh-Out-Loud---Comedy-Videos>

DOCUMENTARY:

THE HERMIT – THE TRUE LEGEND OF THE NORTH POND HERMIT

<https://vimeo.com/406217619>

ANIMALS:

ELEPHANT FROLICKING IN POOL AND FIRST SNOW DAY AT THE ZOO!

<https://www.youtube.com/watch?v=SBicumYTaZY>

MUSIC:

SEATTLE SYMPHONY YOU TUBE CHANNEL:

https://www.youtube.com/channel/UCcrKaQFy2TImAad1hyxu_8w

The Seattle Symphony is organizing additional free livestreams and rebroadcasts until the orchestra can return to the Benaroya Hall stage. Details at seattlesymphony.org/live.

RADIO GARDEN: EXPLORE LIVE RADIO BY MOVING THE GLOBE! **This was really cool** 😊

<http://radio.garden/visit/longueuil/oNM7a3l4>

A LIST OF LIVE VIRTUAL CONCERTS TO WATCH

<https://www.npr.org/2020/03/17/816504058/a-list-of-live-virtual-concerts-to-watch-during-the-coronavirus-shutdown>

PLACES TO VISIT (VIRTUALLY OF COURSE)

VIRTUAL TOUR OF ICELAND

<https://www.travelandleisure.com/video/360-video-of-iceland>

THE NATIONAL MALL VIRTUAL TOUR

<https://www.youvisit.com/tour/washingtondcnationalmall/80707?tourid=tour1>

THINGS TO MAKE YOU SMILE!

ADORABLE CUTENESS! INFANT SON & DAD CONVERSATION

<https://www.youtube.com/watch?v=Yn8j4XRxSck>

SOME GOOD NEWS LATEST EPISODE (**TEARS..SO MUCH GOOD OUT THERE**)

https://www.youtube.com/channel/UCOe_y6KKvS3PdIfb9q9pGug

VR - If you like VR (virtual reality) – **I tried the bobsled and the jousting**

<https://www.youtube.com/virtuallythere>

GARDENING:

HOW TO MAKE A QUICK AND INEXPENSIVE RAISED GARDEN BED:

<https://www.youtube.com/watch?v=eMQ1G4hTS1w>

CRAFTS: This girl does it all, she has free video tutorials of sewing, cooking, gardening, crocheting, and she is so crafty! From very simple step by step to hard. Everyone can find something here!

<https://www.youtube.com/user/TheCraftyGemini/videos>

EXERCISE:

BE FIT WITH JANE FONDA LEVEL 1 (WALKING WORKOUT)

<https://www.youtube.com/watch?v=UabUNrjSE4>

How to's on Posture, Breathing, Flexibility, Strength, Endurance & Balance

<https://eldergym.com/>

At Home Exercises for Seniors

<https://www.activebeat.com/fitness/>

Citizen Science

Think about being becoming one! Citizen science is the practice of public participation and collaboration in scientific research to increase scientific knowledge. Through citizen science, people share and contribute to data monitoring and collection programs. Their collection of data is vital for research projects that advance science and issues of the environment. There are many ways to be involved, from taking pictures, samples or observing and taking notes. To find a citizen project in the area go to **www.citizenscience.gov** or **www.scistarter.com**

Books from AARP to help you organize:

These books may be found at locations other than AARP.

(Walmart, Amazon, libraries, etc.)

“Checklist for My Family” by Sally Balch Hurme Put your life in order, from 'finances and legal documents, online accounts, wishes about medical care and more.

“My TV for Seniors” by Michael Miller Millions of people are cutting the cord on cable and satellite plans, and choosing more efficient and cost-effective ways to watch their favorite programs and movies. This book makes it simple with a full-color how-to guide.

LAUGHTER:

According to the Mayo Clinic, laughter stimulates the body's organs by increasing oxygen intake to the heart, lungs and muscles, and triggers the release of endorphins. It helps people handle stress by easing tension, relaxing the muscles and lowering blood pressure. There is nothing humorous about the global pandemic that has altered the lives of every person in our communities. However, in times of crisis when we are frightened people have turned to comedy as a coping mechanism, a distraction, a relief if only for a moment.

STORY TO MAKE YOU LAUGH:

Once there lived a happy couple who had been together for decades. But after spending years together, the husband was concerned that his wife was not hearing as well as she used to hear. He thought that she might need a hearing aid, but he was not sure how to approach her. He called his family doctor, and asked for suggestions. The doctor told him to test her with a simple idea - "Stand 40 feet away from her and speak as loud as you would speak to her in a normal conversation. Observe if she hears you. If not, reduce the distance to 30 feet, then 20 feet, and soon until you get a response. The distance will help us to estimate her requirements for the hearing aid." He said. Next day, the husband saw his wife cooking dinner in the kitchen. So he took the opportunity to check the doctor's idea. He got 40 feet away from his wife and asked, "Dear, what is for dinner?" He waited for a response but did not get one. He moved a bit closer and asked, "What is for dinner?" He still did not get any response from his wife. He then stood 20 feet away from his wife and asked the same question, hoping he would get a response this time. But the wife did not respond. He then stood just ten feet away from his wife and asked, "Dear, what is for dinner?" Again, no response. By now, the husband was very concerned and felt pity for how bad his wife's hearing had become. Then he walked right behind her and says, "Honey, what is for dinner?" The wife shouted, "John, this is the 'fifth and last time I'm saying, this – "CHICKEN!"

JUST FOR LAUGHS

- If at first you don't secede...Skydiving is not for you!
- Sure, I want buns of steel. But unfortunately, I also want buns of cinnamon.
- Most marriages are like a deck of cards you start out wanting hearts and diamonds But end up wanting a club and a spade.
- What did the drummer name his twin daughters? Anna one Anna two
- What do you call an alligator that wears a vest? An investigator
- What's the difference between a well dressed man on a bicycle and a shabby dressed man on a unicycle? Attire
- While watching a ball game I was wondering why the baseball kept getting biggerThen it hit me!
- One of the biggest waste of breathe besides playing the tuba is giving a teenager advice.
- I was once addicted to the Hokey Pokey Then I turned myself around!

RECIPE:

This is one of my son's favorite dishes and since he just became a father, I figured I would make it for him this week and stick it in his fridge so he will have something to eat when they return home from the hospital Friday!

OVEN ROASTED SAUSAGE/POTATOES & PEPPERS

2 Peppers (I usually use 1 green and one red or I may use 3 – one yellow also)
1 small jar banana peppers
1 1lb pkg. of your favorite sausage links (I use hot Italian)
1 large onion (which I OMIT as my husband HATES onions)
2 tbs. rosemary
4-5 decent sized potatoes
3 tbs. creole seasoning (I have made up my own on the occasions I cannot find the creole)
Salt & Pepper 1 tsp. each
2 tbsp. olive oil

Spray an 8x13 baking pan w/ non-stick spray (I use glass or tinfoil pans)
Slice sausages into the thickness you like
Cut potatoes into ½' chunks
Slice peppers into strips

Place all ingredients in baking pan
Drizzle olive oil over all ingredients
Toss together in oil so everything is coated
Add salt & pepper, rosemary & creole and toss again

Top with the banana peppers.
Bake at 400 degrees for 30-35 minutes (I usually cook a little longer) or until potatoes are tender
It is a HOT dish! Hope you like it ☺

TRIVIA: For those of you that like the trivia you can answer 7 different category trivia questions here!
<https://www.yourlifechoices.com.au/fun/games/trivia>

TIP:

How to Wear Cloth Face Coverings

Cloth face coverings should—

- fit snugly but comfortably against the side of the face
- be secured with ties or ear loops
- include multiple layers of fabric
- allow for breathing without restriction
- be able to be laundered and machine dried without damage or change to shape

CDC on Homemade Cloth Face Coverings

Should cloth face coverings be washed or otherwise cleaned regularly? How regularly?

Yes. They should be routinely washed depending on the frequency of use.

How does one safely sterilize/clean a cloth face covering?

A washing machine should suffice in properly washing a cloth face covering.

How does one safely remove a used cloth face covering?

Individuals should be careful not to touch their eyes, nose, and mouth when removing their cloth face covering and wash hands immediately after removing.

QUOTE:

“Hope Smiles from the threshold of the year to come, Whispering 'it will be happier'...”
— Alfred Lord Tennyson

EXTRA: 1/2 HOUR TOURS OF PUERTO RICO

George Montalvo, from [Patria Tours](#), will host a series of three live guided tours of [Puerto Rico](#) during National Travel and Tourism Week, May 3 - 9, helping people feel like they're really there too.

All viewers need to do to join the free 30-minute tours is tune in to [Discover Puerto Rico's Facebook page](#) for the following tours:

SORRY WE ARE TOO LATE FOR THE FIRST EPISODE BUT MAYBE YOU CAN STILL SEE IT

It was on FB last night and was a tour of El Yunque the only tropical rain forest in the U.S. National Forest Service; however you can catch the next two tours.

Friday, May 8, 5 p.m. EST: Off the beaten path in Puerto Rico

On this tour, viewers will visit Ponce, the second-largest city in Puerto Rico; Rincón, a major surfing destination; Culebra and Flamenco Beach, rated as one of the best beaches in the world; Gilligan's Island, a mangrove Island where travelers can find shallow crystal water ideal for snorkeling, and more.

Wednesday, May 13, 5 p.m EST: Road-tripping across Puerto Rico

Take a road trip adventure through cultural and historic sites around the island including Castillo San Felipe del Morro and Castillo San Cristóbal, which together form part of the San Juan National Historic Site, the Guajataca Tunnel, which crosses the mountain from Playa Guajataca to Playa Mirador, and more.

As always, I miss you all and hope to see you soon. Stay safe and healthy.

Your friendly Senior Coordinator, Karla