

*CONCORD
RETIREMENT
RESIDENCE*



*APRIL 2021
NEWSLETTER*

Sweet April showers



Do spring May flowers



"The sun was warm but the wind was chill.
You know how it is with an April day.
When the sun is out and the wind is still,
You're one month on in the middle of May.
But if you so much as dare to speak,
a cloud come over the sunlit arch,
And wind comes off a frozen peak,
And you're two months back in the middle of March."

Robert Frost

"The April rain, the April rain,
Comes slanting down in fitful showers,
Then from the furrow shoots the grain,
And banks are fledged with nestling flowers;
And in grey shawl and woodland bowers
The cuckoo through the April rain
Calls once again."

Mathilde Blind, *April Rain*



All About The Umbrella

The umbrella is so old that no one knows where it came from, it was invented before man learned how to write.

But for thousands of years, the umbrella was used only for protection from the sun, rather than from the rain. The word umbrella, in fact, comes from the Latin word umbra, which means “shade,” and ancient slaves held umbrellas over their masters to give them shade.

It wasn't until about 300 years ago that people began to use waterproof umbrellas in the rain. The Chinese were the first to waterproof their umbrellas for use as rain protection. They waxed and lacquered their paper parasols in order to use them in the rain.

Starting in the 16th century the umbrella became popular to the western world, especially in the rainy weather of northern Europe. At first it was considered only an accessory suitable for women. Then the Persian traveler and writer, Jonas Hanway (1712-86), carried and used an umbrella publicly in England for thirty years, he popularized umbrella use among men. English gentlemen often referred to their umbrellas as a "Hanway."

The first all umbrella shop was called "James Smith and Sons". The shop opened in 1830 and is still located at 53 New Oxford Street in London, England.

The early European umbrellas were made of wood or whalebone and covered with alpaca or oiled canvas. The artisans made the

curved handles for the umbrellas out of hard woods like ebony and were well paid for their efforts.

In 1852, Samuel Fox invented the steel ribbed umbrella design. Fox also founded the "English Steels Company" and claimed to have invented the steel ribbed umbrella as a way of using up stocks of farthingale stays, steel stays used in women's corsets.

After that, compact collapsible umbrellas were the next major technical innovation in umbrella manufacture, over a century later. During the 1960's, nylon for umbrellas was introduced, which could be produced in a variety of colors and patterns. The umbrella was now becoming slimmer, lighter, flatter and much more durable.



“April showers” is a term that denotes spring rains in some parts of the northern hemisphere, in particular the UK, during the month of April. One of the major causes of the often, heavy downpours is the position of the jet stream. In early spring, the jet stream starts to move northwards, allowing large depressions to bring strong winds and rain in from the Atlantic. In one day, the weather can change from springtime sunshine to winter sleet and snow. The track of these depressions can often be across Ireland and Scotland bringing bands of rain followed by heavy showers (often of hail or snow) and strong blustery winds.



CONCORD CHATTER



Happy Birthday

APRIL 26 - GERRY NEWTON

One on One:

Would you like some help with something? Maybe you need some help with bills/paperwork or need to order something online. Would you like to facetime with family? Do you need help cleaning the fridge or help with the accumulation of clutter? You can let the office know and we will book a time that Jenn will be able to assist you on Tuesday mornings.

Face Time:

Book your face time with Jenn and she will connect you with family and friends upstairs in the library. Check with family and friends as to their email address.



Happy Hour:

Tuesdays and Thursdays at 3:00 in the rec room. Come with a good joke or story to tell.



Changes to Shopping:

In order to be more efficient, we have made a change to the shopping schedule. Please make out your shopping list and hand into the office by **Tuesday** afternoon and personal shopping will be done on Thursdays. (Shopping day might vary due to the holidays – check your calendar)



Essential Appointments:

If at all possible, try to schedule appointments on Monday and Tuesday before 2:00 p.m. so that Ron can organize his week between maintenance and chauffeuring.



Keeping your *Brain Power* in motion:

- Words in a Word (new challenge every week)



Please continue to be sexy sanitizers!! When you come in and out of the dining room, or come in from outside or an appointment, please sanitize your hands. **IT IS SO IMPORTANT** to continue the practice of washing your hands (both sides and between fingers) many, many times a day and always after using the washroom, before you eat and **REMEMBER DO NOT TOUCH YOUR FACE!**



BE A NUMBER ONE HAND WASHER in the fight against this virus.



Remember to sneeze and cough into your sleeve instead of into your hands, eat well, **drink lots of fluids**, get lots of sleep and stay healthy! Wash your hands constantly!

If you are experiencing any symptoms like a cold, dry cough, sore throat, upset stomach, muscle ache or fever (or any other symptom out of the ordinary) please report it to the office immediately and stay in your room.

We will continue taking temperatures and screening for COVID symptoms on a daily basis until further notice. Thank you for your patience and co-operation.

Social Distancing:

By definition this means staying at least 6 feet from another person. When the girls are entering your room with meal service it would be helpful if you would stand back or stay in your chair. I know you all want to help but we will have to use “air hugs” for the time being from a social distance of 6 feet.



Remember social distancing is essential between yourself and fellow residents/staff, and more particularly, between yourself and visitors.



Masks are mandatory for everyone. Residents must put on their mask if they leave their room. Visits can take place outside and masks are mandatory for residents as well as visitors and must be worn appropriately (not below the nose or around the chin).



New Meal Service:

Breakfast – still delivered to your rooms

Lunch – 11:30 (Group A) - socially distanced

12:45 (Group B) - socially distanced

Dinner – still delivered to your rooms

**** Please advise the kitchen if you want an alternative entrée' by 9:00 A.M. in order to allow the Chef sufficient time to prepare.**



Friday Special Lunch – once a month - Check your calendar

Please refer to your activity calendar for our small group programs (socially distanced and thoroughly sanitized)



Wheel of Fortune

Saturdays at 2:00 p.m.

Rummikub

Mondays at 3:30

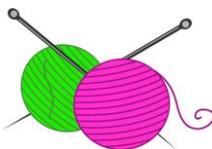


Bingo – Fridays at 2:00 p.m.



Crafts with Jenn (individual supplies provided – no sharing)

Wednesdays at 2:00 p.m. in the Dining Room



Knitting - The Knit Wits

Mondays at 2:00 p.m.

BUS DRIVES



Looking forward to resuming them soon!

Visitors: Visits are limited to outside only at a social distance of 6 feet. All visitors must contact the office and book an appointment time. Visits are scheduled before 5:00 p.m. There is a limit to the number of visitors on the property at one time. All visitors must sign in and answer some screening questions. Masks must be worn appropriately, AT ALL TIMES (masks pulled under the nose are not effective). Please remember there is no washroom access.

SKIP THE BUS:

Remember pre-COVID when we used to go on great excursions on the bus? Have you heard of “skip the dishes”? This is when you get food delivered to you and you don’t have all the dishes and cleanup. Well, “Skip the Bus” is when you get to have the experience of an outing, but you don’t have to travel on the bus! Our “Skip the Bus” travels can take us anywhere (somewhere in the community or further abroad) and there are no traffic jams!

Watch the calendar for our next trip.

HAIR & NAILS: Book your appointment with the office
** Adele & Glynnis will be wearing masks and following strict safety protocol.



Glynnis - Wednesday
Hairdressing (Men & Women)



Adele – Nails -
make an appointment with the office



YOUR HEALTH:

(The following is for interest only and is not intended to be taken as medical advice. Always check with your doctor.)



You'll never look at an onion the same way:

In 1919 when the flu killed 40 million people there was this Doctor that visited the many farmers to see if he could help them combat the flu.... Many of the farmers and their families had contracted it and many died.

The doctor came upon this one farmer and to his surprise, everyone was very healthy. When the doctor asked what the farmer was doing that was different the wife replied that she had placed an unpeeled onion in a dish in the rooms of the home, (probably only two rooms back then). The doctor couldn't believe it and asked if he could have one of the onions and place it under the microscope. She gave him one and when he did this, he found the flu virus in the onion. The onion had absorbed the bacteria, therefore keeping the family healthy.

More recently, it has been confirmed again when the employees of a hair salon were all coming down with the flu. The following year the owner of the hair salon put out bowls of onions around the shop and to her surprise none of the staff got sick that year.

For further evidence of the miracles of the onion – it has been recommended to cut both ends off an onion and put it into an empty jar, and place the jar next to the sick patient at night. It is said that the onion will be black in the morning from the germs. One lady, suffering from pneumonia tried exactly this and in the morning the onion was black and she began to feel better.

Years ago during the black plague, onions and garlic were placed around the room. Onions and garlic have powerful antibacterial, antiseptic properties.

Onions are good at preventing colds and flu because they absorb bacteria – for this same reason you shouldn't eat an onion that has been sitting for a time after it has been cut open. Uncooked onions are a magnet for bacteria. Even if you put the onion in a zip-lock bag and put it in the refrigerator it is not safe.

Mayonnaise has always been blamed as the culprit in food poisoning. However, commercially made mayonnaise has a pH set at a point that bacteria cannot survive in that environment. When food poisoning is reported, the first thing the officials look for is when the victim last ate ONIONS and where those onions came from (in the potato salad?). As long as the mayonnaise is commercially made, it's not the mayonnaise that spoils outside at the picnic, it's probably the onions. The onions and the moist potato in the potato salad will attract and grow bacteria faster than any commercial mayonnaise will even begin to break down.



*** Dogs should never eat onions, their stomachs cannot metabolize onions – so don't share your leftovers with fido.



TAX DAY! 10 Amazing, Outrageous and

Just Plain Weird Tax Deductions

Well, it's that time again. The tax deadline is just around the corner.

If you still haven't done your return, take a look at the top 10 funky, strange and outrageous deductions that folks have tried, and sometimes failed, to get away with.

1 - Free beer - YES

Strange but true. A gas station owner gave his customers free beer (brand unknown...I doubt it was Stella Artois though) in lieu of trading stamps. And the Tax Courts said yes, this is a legitimate business expense and tax deductible. Which makes the next entry even stranger...

2 - Fake Boobs - YES

This one is infamous. A stripper going by the name of CHESTY LOVE used her hard-earned savings to boost the size of her boobs, to the eye-popping size of 56-FF (do they even make bras in that size?) She figured it would get her more tips. And the write-off was allowed, being considered a stage prop essential to her act.

3 - Cat food - YES

Junkyard owners set out bowls of pet food nightly to attract wild cats. The wild cats also took care of their nasty snake and rat problem, making the junkyard safer for customers and providing a useful business service. Yep, you guessed it...the pet food is a business expense, it was allowed.

4 -Your own racehorse – NO

I can see how this would be a business expense to some people. But if you just go out and buy your own prize-winning horse, name it after yourself (the ego on some folks) and then take clients out to see your horse run, you cannot deduct this. It's not a business expense, it's a personal expense. But hey, if you can afford a racehorse and stables, why are you worried about the deduction in the first place?

5 - The costs of moving...the family pet - YES

Whether you've got a Great Dane or a Great White Shark, your pet is considered a personal effect. And that's great news for you. When it comes to any expenses relating to any kind move associated with a job, the tax man says yes. But I suspect hiring a Hummer Limo to move your gerbil across the state may not be looked upon favorably.

6 - A Trip to Bermuda – YES, YES, YES

ANY business convention held in Bermuda can be written off without even showing there was a special reason to hold your business meeting in paradise. And it's not the only place. Barbados, Costa Rica, Dominica, the Dominican Republic, Grenada, Guyana, Honduras, Jamaica, Saint Lucia, Trinidad and Tobago, Canada, Mexico and all U.S. possessions also fall into this special tax treatment. But outside the U.S. is a different story.

7- A Private Airplane - YES

A couple with a rental condo didn't fancy the hassle of driving up to 7 hours to check on it. They didn't want to be stuck to the schedule of the only daily flight available. So, they did what you or I would do. They bought their own jet! They were allowed to deduct all expenses on the jet relating to the condo, including the high costs of fuel.

8 - A beautiful swimming pool - YES

This one's a great example of lateral thinking. After being told by his doctor that he needed to exercise (after developing emphysema), the smart fella put in

a swimming pool. The deduction was put down as a necessary **MEDICAL EXPENSE** and was allowed, along with the various chemicals, heating, cleaning and general upkeep of the pool.

9 - Dancing lessons – NO

Dancing With The Stars may be popular, but it's not going down well with the IRS as the subject of a deduction. You **CANNOT** take dancing as a deduction for medical expenses, and the following reasons are outlawed – dancing to relieve varicose veins, dancing to cure arthritis and finally, dancing to alleviate nervous disorders. Try any of these and you'll be dancing all the way to the tax courts.

10 – Sperm donation as a loss – NO

It's one thing to make a little extra cash as a sperm donor. It's quite another to try and claim a depletion loss on the aforementioned sperm. Unless you're an oil well, that kind of depletion is not really going to make much of an impact.



Let's Laugh



Two elderly women were in a beauty parlor getting their hair done, when in walked a young chick with a low-cut blouse that revealed a beautiful rose tattooed on one breast.

One woman leaned over to the other and said, "Poor thing. She doesn't know it, but in 50 years she'll have a long-stemmed rose in a hanging basket."



A woman walked up to a little old man rocking in a chair on his porch. “I couldn’t help noticing how happy you look,” she said. “What’s your secret for a long happy life?”

“I smoke three packs of cigarettes a day,” he said. “I also drink a case of whiskey a week, eat fatty foods, and never exercise.”

“That’s amazing,” said the woman, “how old are you?”

“Twenty-six,” he said.



A pious man, who had reached the age of 105, suddenly stopped going to the synagogue. Alarmed by the old fellow’s absence after so many years of faithful attendance, the Rabbi went to see him. He found him in excellent health, so the Rabbi asked, “How come after all these years we don’t see you at services anymore?”

The old man lowered his voice. “I’ll tell you Rabbi,” he whispered. “When I got to be 90, I expected God to take me any day. But then I got to be 95, then 100, then 105. So, I figured that God is very busy and must have forgotten about me, and I don’t want to remind him.



In our family, my aunt is thought of as a merry old soul because she sings as she goes about her daily routine.

One day I took the time to listen to the words of her songs, only to hear, “Now let me see, where did I put my keys?” and “I’ve got to remember to turn the oven off.”

I asked why she sang about such trivial things. “Annie”, she answered, “if people hear me singing, they think I’m a happy old buzzard. If they hear me talking to myself, they’ll think I’m daft and send me off to a rest home.”



An elderly woman goes to the bar on a cruise ship and orders a Scotch with two drops of water. As the bartender gives her the drink she says, “I’m on this cruise to celebrate my 80th birthday and it’s today.”

The bartender says “Well, since it’s your birthday, I’ll buy you a drink. In fact, this one’s on me.”

As the woman finishes her drink, the woman to her right says “I would like to buy you a drink, too.”

The old woman says “thank you,” to the woman on her right.

“Bartender, I want a Scotch with two drops of water.”

“Coming up,” says the bartender.

As she finishes that drink, the man to her left says, “I would like to buy you one, too.”

The old woman says, “Thank you, sir. Bartender, I want another Scotch with two drops of water.”

“Coming right up,” the bartender says. As he gives her the drink, he says, “Ma’am, I’m dying of curiosity. Why the Scotch with only two drops of water?”

The old woman replies, “Sonny, when you’re my age, you’ve learned how to hold your liquor. Water, however, is a whole other issue.”



A distraught senior citizen phoned her doctor's office.

“Is it true,” she wanted to know, “that the medication you prescribed has to be taken for the rest of my life?”

“Yes, I'm afraid so,” the doctor told her.

There was a moment of silence before the senior lady replied, “I'm wondering, then, just how serious is my condition because the prescription is marked ‘NO REFILLS’.”



A head-on collision occurred between a man and a woman. Both emerged from the scene intact while their cars were totally demolished. The woman said, “This is quite a predicament. We should drink a toast to celebrate this miracle.” The man replied, “What a great idea.”

“I just happen to have a bottle with me.” With this she handed it to the man. The man downed half the bottle and handed it back. The woman would not take it back and said, “I think I will wait until after the police arrive to celebrate.”



April Fool's Joke:



Spaghetti Harvest

On 1 April 1957, the respected BBC news show *Panorama* announced that thanks to a very mild winter and the virtual elimination of the dreaded spaghetti weevil, Swiss farmers were enjoying a bumper spaghetti crop. It accompanied this announcement with footage of Swiss peasants pulling strands of spaghetti down from trees. Huge numbers of viewers were taken in. Many called the BBC wanting to know how they could grow their own spaghetti tree. To this the BBC diplomatically replied, "*place a sprig of spaghetti in a tin of tomato sauce and hope for the best.*"



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