

# Chorus Chatter

News and Musings for Young at Heart Chorus Members

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**Cole Porter** wrote many of the songs we have sung, including "Don't Fence Me In," "I Love Paris," "Wunderbar," and "C'est Magnifique." He was born in 1891 to a wealthy family in Indiana and defied his grandfather's wishes to take up music as a profession. Although classically trained, he was drawn to musical theatre and, by the 1930s, was one of the major songwriters for the Broadway musical stage.

Unlike many successful Broadway composers, Porter wrote the lyrics as well as the music for his songs. Among his musicals were *Kiss Me, Kate*, *Fifty Million Frenchmen*, *Anything Goes*, and *Can-Can*. He also composed scores for films from the 1930s to the 1950s, including *Born to Dance*, *High Society*, and *Les Girls*.



**I DREAM OF A WORLD WHERE CHICKENS CAN CROSS THE ROAD WITHOUT HAVING THEIR MOTIVES QUESTIONED.**

## The Importance of Potassium

Potassium is the third most abundant mineral in the body. It's classified as an electrolyte, and when dissolved in water, it produces positively charged ions. In your cells, this allows it to conduct electricity to help the body regulate fluid

balance, send nerve signals and regulate muscle contractions. Maintaining good fluid balance is important for health, since poor fluid balance can lead to dehydration, which can affect the heart and kidneys. Eating a potassium-rich diet can help you maintain good fluid balance. Getting your potassium from food is much better than using over-the-counter supplements. Some good sources include cooked beet greens, baked yams, cooked pinto beans, baked white potatoes, grilled portobello mushrooms, cooked spinach, kale, cooked salmon, bananas and cooked peas.

Ryan Raman, MS, RD



## Drink Up! Coffee Can Add Years to Your Life

Researchers at Stanford University found, when they studied the genes of older Americans, those with the lowest levels of inflammation drank caffeinated drinks like coffee. They found that coffee contains an abundance of antioxidants and

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other metabolites that battle the inflammation that drives the aging process. These compounds also can protect against stress and even bacterial infections.

The caffeine in coffee has been shown to improve memory and increase brain function in many studies. Researchers at universities in the United Kingdom also discovered that as little as one cup per day cut the risk of liver cancer by 20 percent. Two cups per day increased that protection to 35 percent.

Most experts agree you shouldn't drink coffee in the late afternoon or evening hours though. That can disrupt your sleep, and losing sleep can lead to other health problems. *NEWSMAX Magazine*

## What is Maturity?

Maturity is:

The ability to stick with a job until it is finished.  
The ability to do a job without being supervised.  
The ability to carry money without spending it.  
And the ability to bear an injustice without wanting to get even.

*Dear Abby*

## Seen at the Gym...

I've been using this as a water bottle for about a month now. I kinda love the judging eyes it gets me at the gym



## Coronavirus Commentary

I never thought the comment "I wouldn't touch him/her with a 6-foot pole" would become a national policy, but here we are!

**Commercials in 2030 will be like: Were you or someone you know overly exposed to hand sanitizer, Lysol, or bleach during the 2020 Coronavirus pandemic? If so you maybe eligible for compensation**

## How We Coped with the Covid-19 Quarantine

Each of us developed our own ways of coping with the quarantine, but there were several common threads running through the thoughts you've shared. For those able to get out, walking has been a welcome break. Virginia walks the dog, walks with a friend and climbs the library steps for exercise. She also has exercised with an old video. Rollie and her partner Tom walk every morning. George walks nearly five miles in the desert daily.

Some have been able keep music in their lives by singing along with YouTube or our chorus videos, as Virginia and Rohana do. Chuck plays his ukulele.

Several members have found technology to be a big help, especially by using Zoom to stay in touch with family and the outside world. Cynthia uses it to participate in her weekly Bible study class. Rollie and Tom had a Zoom family meeting with relatives from Boston, Chicago, Seattle and California. Chuck keeps up with family and has ukulele practice via Zoom and also is taking an online course in architecture.

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And, of course, the quarantine leaves us with lots of time to catch up on other interests, hobbies and even chores. Eleanor has been building her family tree on Ancestry, now at over 1000 people. With good weather, a glass of wine on the patio also helps. Chuck works on his stamp collection, keeps his garaged car clean and, like most of us, spends a lot of time hand-washing.

Marcie spends time Spring cleaning, going through bookshelves and cards. Even though the main doors at Good Samaritan are locked, she gets out to work in her yard. Eileen says that, in addition to playing on the computer, watching TV, reading and talking on the phone, she has been cooking things she hasn't made in years. Sue has been making flower wreaths and going through old photos and papers, inspired to search them by finding an unknown second cousin through 23andMe. Cynthia has been knitting, including a baby blanket for her third great-granddaughter, due in August. She also has been working on puzzles, with seven unopened ones still to do. George, in addition to working on estate issues, has replaced an antique kitchen island that had been damaged by teething puppies. Through it all, everyone says they can't wait to get back to singing.

"When we sing as a group, we create something beautiful. "

*Maggie Wheeler, Golden Bridge  
Community Choir co-founder*

**"Vaping"  
back in  
my day.**



## Tips for Life After 70

No matter which side of 70 you are on or how far you are from either side of it, here are some things to think about while you have the time:

1. Review your will to be sure any changes in your life (such as asset fluctuations or family changes) are represented accurately.
2. Explore new ways to support your favorite charitable organization. They have more needs than just onsite volunteering, such as phone calls or help with mailings and surveys.
3. Plan to meet with a financial planning professional or estate planning attorney when able, to discuss gifts that offer tax advantages to you and your heirs.
4. Inform close family members and loved ones of your final wishes and the location of vital papers.
5. Review your health care power-of-attorney, which allows you to designate another person to make medical decisions if you are unable, and also your living will, which deals with end-of-life situations.

*Harmony Foundation International, Inc.*



*Age 60 might be the new 40, but 9:00 is the new midnight.*