



# Your Retirement

## “News You Can Use”

Retire Village

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## Where Did The Easter Bunny Come From?

The Bible makes no mention of a long-eared, short-tailed creature who delivers decorated eggs to well-behaved children on Easter Sunday; nevertheless, the Easter bunny has become a prominent symbol of Christianity’s most important holiday.

The Easter bunny first arrived in America in the 1700s with German immigrants who settled in Pennsylvania and transported their tradition of an egg-laying hare called “Osterhase” or “Oschter Haws.” Their children made nests in which this creature could lay its colored eggs. <sup>1</sup>

Eggs are representative of new life, and it’s believed that decorating eggs for Easter dates back to the 13th century. Hundreds of years ago, churches had their congregations abstain from eggs during Lent, allowing



them to be consumed again on Easter. <sup>2</sup>

The exact origins of the Easter bunny are clouded in mystery. One theory is that the symbol of the rabbit stems from pagan tradition, specifically the festival of Eostre—a goddess of fertility whose animal symbol was a bunny. Rabbits, known for their energetic breeding, have traditionally symbolized fertility. <sup>2</sup>

Bunnies aren't the animal traditionally associated with Easter in every country. Some identify the holiday with other types of animals like foxes or cuckoo birds. <sup>2</sup>

1 - <http://www.history.com/topics/holidays/easter-symbols>

2 - <http://time.com/3767518/easter-bunny-origins-history/>



**Stayin' Alive**  
- Bee Gees

**Celia**  
- Simon & Garfunkle

**Hard to Handle**  
- The Black Crowes

**Sweet Home Alabama**  
- Lynrd Skynrd

**Rock Your Body**  
- Justin Timberlake

**I Will Survive**  
- Gloria Gaynor

**Another One Bites The Dust**  
- Queen

**Fly**  
- Sugar Ray

**Rock This Town**  
- Stray Cats

**You Can't Hurry Love**  
- Phil Collins

**Work It**  
- Missy Elliott

**What's Goin' On**  
- Marvin Gaye

**Walk Like an Egyptian**  
- The Bangles

**Dancing Queen**  
- ABBA

**Heart & Soul**  
- T'Pau

**Another Brick In The Wall, Part 2**  
- Pink Floyd

**Spirit In The Sky**  
- Norman Greenbaum

**Girls Just Wanna Have Fun**  
- Cyndi Lauper

**The Book Of Love**  
- The Monotones

**(Sittin' On) The Dock Of The Bay**  
- Otis Redding

**Man In The Mirror**  
- Michael Jackson

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- Michael Jackson

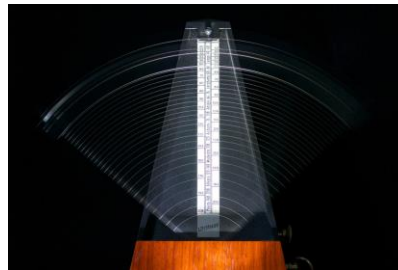
<http://www.nyp.org/cpr/para/#cprsongs>

## The Bee Gees, Missy Elliott, Marvin Gaye and Queen: Songs to Perform CPR By

In 2009, cardiologist Sonia Tolani was on the subway in New York City, headed home from work, when she saw a man slump to the ground and stop breathing.

**"I just decided we needed to do something, and dragged him out into the center of the subway train [and] I just started doing CPR."<sup>1</sup>**

For about 10 minutes, they took turns pressing down hard and fast on the man's chest. At the next subway stop, emergency personnel were waiting with a defibrillator to shock his heart back to a normal rhythm. The man survived.



Tolani's employer, New York-Presbyterian hospital, decided to take the opportunity to remind ordinary people that cardiac events usually happen outside the hospital, and help them remember the main thing about CPR is maintaining high quality, fast compressions at a tempo of between 100 to 120 beats per minute.<sup>2</sup>

While having a metronome in the room while medical professionals are performing CPR can be helpful, listening to music while doing CPR does not make people better at it.<sup>1</sup>

**Creating a CPR Playlist – a selection of the 40 or more songs in the New York Presbyterian hospital's Spotify playlist are shown to the left.**

Keeping the tempo in your mind while performing hands-only CPR can help maintain the necessary rate. If you know at least one of these songs well enough to sing along, it can help you maintain the appropriate tempo for as long as necessary.

For hands-only CPR, which is recommended for adults, compressions need to be done at the right place on the chest (in the center, between the nipples) A recent study found that bystanders who can do hands-only CPR until help arrives can double a person's odds of surviving sudden cardiac arrest.<sup>2</sup>

1 - <http://www.npr.org/sections/health-shots/2017/04/03/521913341/what-do-hanson-and-madonna-have-in-common-hits-ideal-for-saving-a-life>

2 - <http://www.aarp.org/health/conditions-treatments/info-2017/hospital-teaches-cpr-to-music-fd.html>



## April: Eating In Season!

Cooking with the seasons means choosing fruits and vegetables that are at the peak of freshness and flavor. Buying locally grown produce is the best: local produce is less likely to be damaged, uses less energy to transport, ripens more naturally and you support your local economy.



Some of the fruits and vegetables that are in season for April include:

Artichokes  
Arugula (Rocket)  
Asparagus  
Beans  
Beets  
Chicory  
Chives  
Dandelion greens  
Fava Beans  
Fiddlehead Fern  
Horseradish  
Leeks (end of season)  
Lettuce (leaf and head)  
Limes  
Morel Mushrooms  
Oranges  
Papayas  
Peas  
Ramps  
Rhubarb  
Shallots  
Strawberries  
Sweet Onions  
Turnips  
Watercress

<https://www.thespruce.com/april-fruits-and-vegetables-1665714>

## The IRS Provides Basic Tax Tips for the Sharing Economy

Here are a few key points on the sharing economy:

- 1. Taxes.** Sharing economy activity is generally taxable. It does not matter whether it is only part time or a sideline business, if payments are in cash or if an information return like a Form 1099 or Form W2 is issued. The activity is taxable.
- 2. Deductions.** There are some simplified options available for deducting many business expenses for those who qualify. For example, a taxpayer who uses his or her car for business often qualifies to claim the standard mileage rate, which was 54 cents per mile for 2016.
- 3. Rentals.** If a taxpayer rents out his home, apartment or other dwelling but also lives in it during the year, special rules generally apply. For more about these rules, see Publication 527, Residential Rental Property (Including Rental of Vacation Homes). Taxpayers can use the Interactive Tax Assistant Tool, Is My Residential Rental Income Taxable and/or Are My Expenses Deductible? to determine if their residential rental income is taxable.
- 4. Estimated Payments.** The U.S. tax system is pay-as-you-go. This means that taxpayers involved in the sharing economy often need to

make estimated tax payments during the year to cover their tax obligation. These payments are due on April 15, June 15, Sept. 15 and Jan. 15. Use Form 1040-ES to figure these payments.

**5. Payment Options.** The fastest and easiest way to make estimated tax payments is through IRS Direct Pay. Or use the Treasury Department's Electronic Federal Tax Payment System (EFTPS). 98005

**6. Withholding.** Taxpayers involved in the sharing economy who are employees at another job can often avoid making estimated tax payments by having more tax withheld from their paychecks. File Form W-4 with the employer to request additional withholding. Use the Withholding Calculator on [IRS.gov](https://www.irs.gov).



**Taxpayers should keep a copy of their tax return.** Beginning in 2017, taxpayers using a software product for the first time may need their Adjusted Gross Income (AGI) amount from their prior-year tax return to verify their identity.

<https://www.irs.gov/businesses/small-businesses-self-employed/sharing-economy-tax-center>

## It Happened In ...



### April 8<sup>th</sup> 1913 –

The 17th Amendment to the U.S. Constitution was ratified allowing direct popular election of U.S. senators.

### April 13<sup>th</sup> 1743 –

Thomas Jefferson was born in Albermarle County, Virginia.

**April 19<sup>th</sup> 1993** – At Waco, Texas, the compound of the Branch Davidian religious cult burned to the ground with 82 persons inside, including 17 children after federal agents battered buildings in the compound with armored vehicles following a 51-day standoff.

**April 22<sup>nd</sup> 1864** – "In God We Trust" was included on all newly minted U.S. coins by an Act of Congress.

### April 26<sup>th</sup> 1785 –

American artist and naturalist John J. Audubon was born in Haiti. He drew life-like illustrations of the birds of North America.

<http://www.historyplace.com/specials/calendar/april.htm>

## Is a Warmer Climate Trend Making Your Allergies Worse?

Pollen makes some people snuffle and sneeze because their immune systems attack it like a parasite. Certain people's immune systems recognize the protein sequence in pollen as similar to the protein sequence in parasites. Their bodies attempt to expel the "parasite" through sneezing and other symptoms. This is the reaction we call allergy.<sup>1</sup>



Warming and more CO<sub>2</sub> means that the amount of pollen in the air has been increasing and will continue to increase with this decade's trend of higher average temperatures in Spring and Summer.

**According to a recent study, pollen counts could double by 2040. Already, there is evidence suggesting that hay fever prevalence is rising in many parts of the world.<sup>1</sup>**

Spring allergies are typically from tree pollen, while Summer allergies are generally due to grasses. Symptoms like sneezing and watery eyes can become debilitating for some sufferers.

The longer you're exposed to an allergen, the more likely you are going to be sensitized to that allergen. People with pollen allergies may have worse symptoms, and people who don't normally have pollen allergies may start to.

### Minimize Pollen Exposure:

Stay indoors in the mornings and windy weather when pollen counts are high. An air purifier may also help. Wash your hair after going outside, because the allergen can collect there. Wear a mask when vacuuming - it can kick up pollen, mold, and dust trapped in your carpet.<sup>2</sup>

### Consider these Supplements

Magnesium may help relieve constricted airways in the lungs. Vitamin C can reduce histamine and break it down faster once released; bioflavonoids may also ease symptoms. Bioflavonoid-rich foods include citrus fruits, cherries, dark grapes, broccoli, red and green peppers, and herbal teas.<sup>3</sup>



1- [news.nationalgeographic.com/2016/04/160408-pollen-climate-change-allergies-spring-seasons](http://news.nationalgeographic.com/2016/04/160408-pollen-climate-change-allergies-spring-seasons)

2 - [www.webmd.com/allergies/spring-allergies](http://www.webmd.com/allergies/spring-allergies)

3 - [www.prevention.com/health/health-concerns/3-supplements-allergies](http://www.prevention.com/health/health-concerns/3-supplements-allergies)