

Burgers Across America

An American classic, the hamburger has countless variations. See how it's served up across the U.S.

California — Burgers with bacon and avocado slices or guacamole are on the menu in the Golden State, where most of the nation's avocados are grown.

Wisconsin — The state known for its dairy products lays claim to the butter burger, invented in the 1930s and named for the pat of butter that's added to the top of a cooked beef patty.

San Antonio — Bean burgers — piled with refried beans, cheese sauce, diced onions and Fritos corn chips — are a specialty in this Texas city.

North Carolina — Hamburgers slathered in chili, coleslaw and mustard are a comfort food in this state and all over the Southeast.

Minneapolis — Order the city's signature Juicy Lucy here, and you'll sink your teeth into a burger with gooey, melted cheese inside the patty rather than on top.

Miami — South Florida serves up fritas cubanas, or "Cuban hamburgers." Thin beef patties are seasoned with paprika and topped with shoestring potatoes, diced onions and spicy ketchup.

New Mexico — Hatch, N.M., calls itself the Chile Capital of the World, and its crop of green chile peppers adds a spicy kick to burgers throughout the Southwest.

Mississippi — Fillers, such as flour and soy meal, were added to stretch a serving of ground beef during the Depression. That's the basic recipe for Slugburgers, named after the slang for a nickel, the original price of the burger.

The Tomb of the Unknowns

Among the nation's many Memorial Day observances will be the annual wreath-laying ceremony at the Tomb of the Unknowns. The monument overlooking Washington, D.C., is considered the most hallowed resting place at Arlington National Cemetery.

In 1921, Congress approved the burial of one unknown serviceman from World War I in a tomb at the cemetery's new Memorial Amphitheater. Just over a decade later, the white marble sarcophagus that sits atop the tomb was completed. The face of each side is adorned with engravings, including wreaths and the Greek figures representing Peace, Victory and Valor. Over the years, unknown soldiers from World War II, the Korean War and Vietnam War were also interred.

Since 1937, the tomb has been guarded around the clock by soldiers of the Army's elite 3rd U.S. Infantry Regiment. In a measured pace, a lone sentinel walks 21 steps back and forth in front of the tomb. The number symbolizes one of the highest military honors, the 21-gun salute.

Real Mothers

Real mothers don't eat quiche; they don't have time to make it.

Real mothers know that their kitchen utensils are probably in the sandbox.

Real mothers often have sticky floors, filthy ovens and happy kids. Not "Leave It to Beaver" mom clean.

Real mothers know that dried play dough doesn't come out of carpets.

Real mothers don't want to know what the vacuum just sucked up.

Real mothers sometimes ask, why me? and get their answer when a little voice says, "Because I love you best."

Real mothers know that a child's growth is not measured by height or years or grade.

It is marked by the progression of Mommy to Mom to Mother.

—Author Unknown

Happy Mother's Day to Real Mothers!

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MAY 2018

Happy Mother's Day!

Wishing all the mothers, grandmothers and mother-figures here at The Devonshire a special day with your family and friends. Hope you are showered with gifts and lots of love.

Vivian Whitfield

Life Enrichment Coordinator

Preventing and Managing Osteoporosis

Whether you've been diagnosed with osteoporosis or low bone density, or you're trying to prevent these conditions as you age, there are steps you can take to protect your bone health. National Osteoporosis Month in May is a good time to review some lifestyle tips.

Nutrition — Many vitamins and minerals contribute to bone health, with calcium and vitamin D at the top of the list. Green vegetables such as broccoli, Brussels sprouts and kale are excellent calcium sources. Yogurt, almonds and canned salmon are also good choices. For vitamin D, sources include tuna, egg yolks and fortified milk.

Exercise — Weight-bearing exercise, such as walking, climbing stairs, dancing and tennis, helps to slow bone loss. It also builds muscle and improves balance, which can reduce the risk of falls. Balance-boosting activities include yoga and tai chi.

Safety — To avoid falls that could cause a fracture, make sure your home is safe by keeping it well-lit, reducing clutter, tucking away electrical cords, and securing loose rugs. If you wear glasses, keep them clean and your prescription up to date. Pants, skirts and pajamas that are too long can cause you to trip. Use grab bars, handrails and nonslip mats when they're available.



MAY 2018

Locations

- Activities Room, AR
- Activities Room Hallway, AH
- Court Yard, CY
- Dining Room, DR
- Game Room, GR
- Independent Living Activities Room, IA
- Independent Living Dining Room, IL
- Outing, O
- Patio, P
- Windsor Room, WR

Birthdays


Latrelle Malone, 5th

Transportation Schedule

Thursday, 11:10 a.m.
Lunch Outings

“In every walk with nature one receives far more than he seeks.”

—John Muir

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		MAY DAY 1 9:45 Outside Walking in the Sun 10:15 Lemonade and Reminiscing, AR 11:00 Trivia Plus More..., AR 1:30 Nail Care (Satin Hands), AR 3:30 Physical Games Outside, CY	2 10:00 Chair Exercise, AR 10:30 World News, AR 2:00 Bingo Bucks, AR 3:15 Art Expression, AR 6:45 Fun Flicks & Popcorn, AR	3 9:45 Walking Club 11:15 Trip: Lunch Outing, O 1:30 Trip: Scenic Ride, O 3:00 Garden Mediation, AR	4 10:00 Jazzy Exercise, AR 10:30 Book Club & Chat With Doughnuts, AR 11:00 It All Happened in May, AR 2:00 Bingo With Prizes, AR 3:15 TGIF Social, AR 6:00 Puzzles/Board Games, AR	5 10:00 Coupons Picking, AR 11:00 Individual Adult Coloring 2:00 Cinco De Mayo Social, AR 5:00 Kentucky Derby Day, AR 6:45 Checkers, AR
6 9:00 Sunday School, IA 9:30 Bible Scripture Reading, AR 10:30 Gospel Sounds, AR 2:00 Trip: Scenic Bus Ride, O 2:30 Sunday at the Movie, AR 6:45 Individual Art for the Heart, AR	7 10:00 Fitness & Moves, AR 10:30 Daily Update and Spiritual Reading, AR 11:00 May Word Games, AR 2:00 Bingo Bucks, AR 3:00 Friday at the Movies With Popcorn, AR 6:45 Card Games, AR	8 9:45 Outside Walking in the Sun 10:00 Hot Tea and Reminiscing, AR 11:00 Trivia Plus More..., AR 1:30 Nail Care (Satin Hands), AR 3:30 Art Expression With Nature, AR	9 10:00 Chair Exercise, AR 10:30 World News, AR 11:00 World Red Cross Talk, AR 2:00 Bingo With Prizes, AR 3:15 Art Expression, AR 6:45 Fun Flicks & Popcorn, AR	10 9:45 Walking Club 10:00 Outside with Nature, CY 11:15 Trip: Lunch Outing, O 1:30 Trip: Scenic Ride, O 3:00 Art & Crafts, AR	11 10:00 Jazzy Exercise, AR 10:30 Book Club & Chat With Doughnuts, AR 11:00 It All Happened in May, AR 2:00 Pre-Mother's Day Social Hour, IL 3:30 Fun With Bingo, AR 6:00 Puzzles/Board Games, AR	12 10:00 Coupons Picking, AR 11:00 Individual Adult Coloring 2:00 Mother's Day Movie, AR 6:45 Checkers, AR
MOTHER'S DAY 13 9:00 Sunday School, IA 9:30 Bible Scripture Reading, AR 10:30 Gospel Sounds, AR 2:00 Trip: Scenic Bus Ride, O 2:30 Sunday at the Movie, AR 6:45 Individual Art for the Heart, AR	14 10:00 Fitness & Moves, AR 10:30 Daily Update and Spiritual Reading, AR 11:00 May Word Games, AR 2:00 Bingo With Prizes, AR 3:15 Flower Arrangements, P 6:45 Card Games, AR	RAMADAN BEGINS AT SUNDOWN 15 9:45 Outside Walking in the Sun 10:00 Walking Warriors, AH 11:00 Trivia Plus More..., AR 1:30 Nail Care (Satin Hands), AR 2:30 Chocolate Chip Snacks, AR 3:30 Nature Video (National Park), AR	16 10:00 Chair Exercise, AR 10:30 World News, AR 11:00 Table Games (Chess), AR 2:00 Bingo Bucks, AR 3:15 Art Expression, AR 6:45 Fun Flicks & Popcorn, AR	17 9:45 Walking Club 10:00 Physical Games (Golfing), AR 11:15 Trip: Lunch Outing, O 1:30 Trip: Scenic Ride, O 2:00 Yoga Movement With Viv., AR 6:30 Kiss of Spain, AR	18 10:00 Jazzy Exercise, AR 10:30 Book Club & Chat With Doughnuts, AR 11:00 It All Happened in May, AR 2:00 Bingo With Prizes, AR 3:15 TGIF Social, AR 6:00 Puzzles/Board Games, AR	19 10:00 Coupons Picking, AR 11:00 Individual Adult Coloring 2:00 Belly Dancers, IL 6:45 Checkers, AR 10:30 Armed Forces Day, AR
20 9:00 Sunday School, IA 9:30 Bible Scripture Reading, AR 10:30 Gospel Sounds, AR 2:00 Trip: Scenic Bus Ride, O 2:30 Sunday at the Movie, AR 6:45 Individual Art for the Heart, AR	21 10:00 Fitness & Moves, AR 10:30 Daily Update and Spiritual Reading, AR 11:00 May Word Games, AR 2:00 Fun With Bingo, AR 3:15 Travel Video (Spain), AR 6:45 Card Games, AR	22 9:45 Outside Walking in the Sun 10:30 Resident Council Meeting, AR 11:00 Trivia Plus More..., AR 1:30 Nail Care (Satin Hands), AR 3:15 Nacho & Salsa Snacks, AR 7:00 North Hampton Church of Christ, DR	23 10:00 Chair Exercise, AR 10:30 World News, AR 11:00 Women's Health (Fruit & Veggie) 2:00 Singalong With Bonnie, AR 3:15 Art Expression, AR 6:45 Fun Flicks & Popcorn, AR	24 9:45 Walking Club 11:15 Trip: Lunch Outing, O 1:30 Trip: Scenic Ride, O 2:00 Yoga Movement, AR 3:15 Trivia Plus, AR	25 10:00 Jazzy Exercise, AR 10:30 Book Club & Chat With Doughnuts, AR 11:00 It All Happened in May, AR 2:00 May Birthdays Celebration, IL 3:30 Bingo and Prizes, AR 6:00 Puzzles/Board Games, AR	26 10:00 Coupons Picking, AR 11:00 Individual Adult Coloring 6:45 Checkers, AR
27 9:00 Sunday School, IA 9:30 Bible Scripture Reading, AR 10:30 Gospel Sounds, AR 2:00 Trip: Scenic Bus Ride, O 2:30 Sunday at the Movie, AR 3:00 Sports Hour Indy 500, AR 6:45 Individual Art for the Heart, AR	MEMORIAL DAY 28 10:00 Fitness & Moves, AR 10:30 Daily Update and Spiritual Reading, AR 11:00 May Word Games, AR 2:00 Bingo With Prizes, AR 3:15 Memorial Day at the Movies, AR 6:45 Card Games, AR	29 9:45 Outside Walking in the Sun 10:15 Physical Games, CY 11:00 Trivia Plus More..., AR 1:30 Nail Care (Satin Hands), AR 3:30 Name That Tune, AR	30 10:00 Chair Exercise, AR 10:30 World News, AR 11:00 Second Rule, AR 2:00 Bingo Bucks, AR 3:15 Art Expression, AR 6:45 Fun Flicks & Popcorn, AR	31 9:45 Walking Club 10:00 A Taste of Healthy Juices, P 11:15 Trip: Lunch Outing, O 1:30 Trip: Scenic Ride, O 3:30 Backyard Games (Horseshoes), CY	