

# Dip Into Guacamole

Paired with tortilla chips, guacamole is often dished up at restaurants and parties. Though its popularity has risen in recent decades, the history of the dip can be traced back hundreds of years.



The Aztecs, who lived in central Mexico beginning in the 14th century, were the first to combine mashed avocados, tomatoes, chili peppers, onions and salt, naming the concoction ahuacamolli, which means “avocado sauce.” After avocado trees were brought to California in the late 1800s, guacamole eventually made its way to diners’ tables across the U.S.

Traditional recipes have not changed much since the Aztecs’ invention. Regional variations and personal preferences result in nearly endless flavor combinations, with bacon, corn and mango just a few of the ingredients that can add a taste twist. Guacamole is most often eaten as a dip for chips and vegetables, but it’s also used as a condiment on tacos, burritos, burgers, sandwiches and salads.

## Outdoor Safety Tips

Sunshine and warm temperatures lure many of us outdoors this time of year. Keep these safety tips in mind when you head outside:

**Stay out of the sun** — If possible, avoid the sun when it’s at its hottest, from 10 a.m. to 4 p.m. Instead, plan outdoor activities for the early morning or evening, when it’s cooler. If you do go out during the heat of the day, try to stay in shaded areas.

**Use sunscreen** — Protect your skin by slathering on sunscreen with a sun protection factor of 30 or higher every two hours. Reapply it more often if you are swimming or perspiring.

**Dress appropriately** — To help stay cool, wear lightweight, loose-fitting clothing in light colors. A wide-brimmed hat and sunglasses will provide added sun protection.

**Stay hydrated** — Drink plenty of water and decaffeinated beverages throughout the day, and don’t wait until you are thirsty to reach for a glass. Fruits and vegetables are also good sources of fluids.

# The History of Memorial Day

Observed with ceremonies and parades, Memorial Day honors the men and women who gave their lives while serving in the U.S. military.

After the Civil War ended in 1865, people in various cities began decorating the graves of fallen soldiers with flowers, flags and wreaths. This inspired Maj. Gen. John A. Logan, the head of a veterans organization, to designate May 30, 1868, as Decoration Day, a national day of remembrance. It’s believed that date was chosen because it didn’t fall on the anniversary of any battle, and spring flowers would be in bloom all over the country.

On that first Decoration Day, a large ceremony was held at Arlington National Cemetery in Washington, D.C. Officials gave speeches, and more than 5,000 people placed small American flags on the graves of 20,000 Civil War soldiers.

After World War I, Decoration Day was expanded to honor fallen soldiers from all wars. An act of Congress officially renamed it Memorial Day in 1967, and one year later, a public law made it a federal holiday to be celebrated on the last Monday in May.

# The Devonshire Lifestyle

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MAY 2019

## The Blue Zones of Longevity

There are a few places around the world where people tend to live longer, healthier lives.

After analyzing data, scientists identified specific regions that have the highest concentration of centenarians and residents who are largely free of chronic disease. In 2004, author Dan Buettner, working with the National Geographic Society and the National Institute on Aging, dubbed these areas Blue Zones, after the blue circles researchers drew around the locations on a map. The five Blue Zones are Okinawa, Japan; Sardinia, Italy; Ikaria, Greece; Nicoya, Costa Rica; and Loma Linda, Calif.

Research shows that people who live in the Blue Zones have several lifestyle traits in common that contribute to their longevity. Their diet is primarily plant-based, with an emphasis on vegetables, beans, nuts and whole grains. Natural movement is part of their daily routine, in activities such as gardening, chores and walking to the store. They also have close bonds with family and friends, possess a sense of purpose, belong to a spiritual-based community, and spend time relaxing each day.

## 80 Years of Batman

In May 1939, DC Comics introduced a new superhero. Celebrate 80 years of Batman with these facts about the Caped Crusader:

- Created by artist Bob Kane and writer Bill Finger, the crime fighter disguised as a bat debuted in “Detective Comics” No. 27.
- Batman’s alter ego is Bruce Wayne, a billionaire philanthropist whose parents were killed by a thief when he was a child. He vowed to avenge their deaths by spending the rest of his life fighting criminals in Gotham City.
- Unlike many superheroes, Batman does not have any superpowers. He uses physical strength, intelligence, detective skills and technology to defeat villains.
- The winged design of his cape was inspired by Leonardo da Vinci’s “flying machine” sketches.
- His original sidekick, Robin, the Boy Wonder, was introduced in 1940 as orphaned circus acrobat Dick Grayson. Batman took him under his wing, and the Dynamic Duo was born.
- Batman’s many foes include the Joker, the Riddler, Penguin, Poison Ivy and Mr. Freeze.
- The Batmobile wheeled into action in 1941. Before that, Batman drove a red sedan.
- Campy and comical, the “Batman” TV series, premiering in 1966, starred Adam West and attracted a new generation of fans.



MAY 2019

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
- Garnett Alexander, 5th
- Eva Long, 6th
- Susan Massengil, 7th
- Charlie Wooten, 22nd
- Walter Mickie, 24th

Transportation Schedule

- Thursday, 11:10 a.m.
- Lunch Outings
- Thursday, 2 p.m.
- Trip: Scenic Ride
- Sunday, 2 p.m.
- Trip: Scenic Ride

“Age is not how old you are, but how many years of fun you’ve had.”

—Matt Maldre

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			MAY DAY 1 10:00 Chair Exercise, AR 11:00 Things in May, AR 2:00 Bingo Bucks, AR <b>2:30 Barbershop Quartet, IL</b> 3:15 <i>Art Expression (Pineapple), AR</i> 4:00 Table Games and Puzzles, AR	2 10:00 Outside Games, AR <b>10:30 Reminiscing in May, AR</b> 11:15 Trip: Lunch Outing, O 1:30 Trip: Scenic Ride, O	3 10:00 Jazzy Exercise, AR 10:30 Book Club & Chat, AR 11:00 <i>Art Expression (Spring Scene), AR</i> <b>2:00 Pre-Cinco De Mayo Social, AR</b> 6:00 Friday at the Movies, AR	4 10:00 Coupons Picking, AR <b>11:00 Individual Adult Coloring</b> 2:00 <i>At the Movies w/ Snacks, AR</i> 3:00 Table Games Checkers/Board Game, AR
5 9:00 Sunday School, IA <b>9:30 Bible Scripture Reading, AR</b> 10:30 Gospel Sounds, AR 2:00 <i>Sunday Scenic Ride, O</i> 6:45 Individual Art for the Heart, AR	6 10:00 Fitness & Moves, AR 10:30 News and Views, AR 11:00 Trivia in May, AR 2:00 Bingo w/Prizes, AR 4:00 Table Games and Puzzles, AR	7 10:00 Second Chance Name 10, AR 10:00 Outside Games, AR 11:00 Health Talk Video, AR 1:30 Nail Care (Satin Hands), AR 3:00 <i>Nature Plant Making, AR</i>	8 10:00 Chair Exercise, AR 11:00 <i>Bible Books and Trivia, AR</i> 2:00 Bingo Bucks, AR 3:15 Nature Crafts, AR 4:00 Table Games and Puzzles, AR	9 10:00 Outside Walking, CY 10:30 Mother's Day Word Games, AR 11:00 <i>Trip: Scenic Ride, O</i> <b>2:00 Mother's Day Spring Fashion Show, IA</b> 3:15 Cookies and Punch, IL	10 10:00 Jazzy Exercise, AR 10:30 Book Club & Chat, AR <b>2:00 Music w/Steve Twombly, IL</b> <b>3:00 Mother Day at the Movie, AR</b> 6:00 Friday at the Movies, AR	11 10:00 Coupons Picking, AR <b>11:00 Individual Adult Coloring</b> 2:00 <i>At the Movies w/ Snacks, AR</i> 3:00 Table Games Checkers/Board Game, AR
MOTHER'S DAY 12 9:00 Sunday School, IA <b>9:30 Bible Scripture Reading, AR</b> 10:30 Gospel Sounds, AR 2:00 <i>Sunday Scenic Ride, O</i> 6:45 Individual Art for the Heart, AR	13 10:00 Fitness & Moves, AR 10:30 News and Views, AR 11:00 Trivia in May, AR 2:00 Bingo w/Prizes, AR 4:00 Table Games and Puzzles, AR	14 <b>10:00 Lemonade &amp; Outside Social, AR</b> 10:00 Second Chance Name 10, AR 11:00 Health Talk Video, AR 1:30 Nail Care (Satin Hands), AR 3:30 <i>Art Expression (Spring Scene), AR</i>	15 10:00 Chair Exercise, AR 10:30 <i>Art Expression (Flowers), AR</i> 11:00 Hangman and Pictionary, AR 2:00 Bingo Bucks, AR 4:00 Table Games and Puzzles, AR	16 10:00 Outside Games, AR <b>10:30 Mimosa Day, CY</b> 11:15 Trip: Lunch Outing, O 1:30 Trip: Scenic Ride, O <b>6:00 Esta Fiesta, IL</b>	17 10:00 Jazzy Exercise, AR 10:30 Book Club & Chat, AR 2:00 Bingo w/Prizes 6:00 Friday at the Movies, AR	18 10:00 Coupons Picking, AR <b>11:00 Individual Adult Coloring</b> 2:00 <i>At the Movies w/ Snacks, AR</i> 3:00 Table Games Checkers/Board Game, AR
19 9:00 Sunday School, IA <b>9:30 Bible Scripture Reading, AR</b> 10:30 Gospel Sounds, AR 2:00 <i>Sunday Scenic Ride, O</i> 6:45 Individual Art for the Heart, AR	20 10:00 Fitness & Moves, AR 10:30 News and Views, AR 11:00 Trivia in May, AR 2:00 Bingo w/Prizes, AR 4:00 Table Games and Puzzles, AR	21 10:00 Second Chance Name 10, AR 10:00 Outside Games, AR 11:00 Health Talk Video, AR 1:30 Nail Care (Satin Hands), AR 3:00 Chocolate Cookies Snacks, AR	22 10:00 Chair Exercise, AR 11:00 <i>Bible Books and Trivia, AR</i> 1:30 <i>Singing w/Bonnie and Friends</i> 2:00 Bingo Bucks, AR 4:00 Table Games and Puzzles, AR	23 10:00 Outside Walking, CY 11:15 Trip: Lunch Outing, O 1:30 Trip: Scenic Ride, O <b>3:15 Backyard Games, CY</b>	24 10:00 Jazzy Exercise, AR 10:30 Book Club & Chat, AR 11:00 News and Views, AR 2:00 <i>Bingo w/Prizes, AR</i> 6:00 Friday at the Movies, AR	25 10:00 Coupons Picking, AR <b>11:00 Individual Adult Coloring</b> 2:00 <i>At the Movies w/ Snacks, AR</i> 3:00 Table Games Checkers/Board Game, AR
26 9:00 Sunday School, IA <b>9:30 Bible Scripture Reading, AR</b> 10:30 Gospel Sounds, AR 2:00 <i>Sunday Scenic Ride, O</i> 6:45 Individual Art for the Heart, AR	MEMORIAL DAY 27 10:00 Fitness & Moves, AR 11:00 Trivia in May, AR <b>2:00 Memorial Day w/ Jack Gorman, AR</b> <b>3:15 Memorial Day at the Movie, AR</b> 4:00 Table Games and Puzzles, AR	28 10:00 Second Chance Name 10, AR 10:30 Outside Chat and Juice, CY 11:00 Health Talk Video, AR 1:30 Nail Care (Satin Hands), AR 3:30 Adult Coloring, AR	29 10:00 Chair Exercise, AR 11:00 Bible Books and Trivia, AR 2:00 Bingo Bucks, AR 3:15 Nature and Crafts (Flowers), WR 4:00 Table Games and Puzzles, AR	30 <b>10:00 Resident Council Meeting, AR</b> 11:15 Trip: Lunch Outing, O 1:30 Trip: Scenic Ride, O 2:30 Baking Time (Cookies), WR 3:00 Musical Singalong, AR	31 10:00 Jazzy Exercise, AR 10:30 Book Club & Chat, AR 2:00 Bingo w/Prizes, AR 3:30 TGIF Social, AR 6:00 Friday at the Movies, AR	