

Nail Care Tips for Everyone

You use your hands every day, but how often do you think about the health of your fingernails? Whether you get pampered regularly with manicures or just want strong, clean nails, the essentials of nail care are important for everyone to know.

Washing your hands often keeps your body healthy in many ways, including your nails. Rather than using sharp tools to clean beneath them, try a nail brush with soft bristles.

Fingernails can get dry and brittle, just like hair and skin, so one of the main ways to keep them healthy is to moisturize them often, especially after washing your hands. Gently massage the lotion or balm of your choice into your cuticles and nail beds. Resist pushing down your cuticles or trimming them, since they provide protection from infection and also minimize painful hangnails.

Similar to regular haircuts, cutting your nails on a consistent basis can prevent splitting and breaking. Use nail scissors or clippers to trim them straight across, then round the corners with a nail file while moving the file in one direction, not back and forth. If you have a medical condition like diabetes or poor circulation, professional trimming may be the better option.

A Playlist for Pops

This Father's Day, press play on these sweet songs that celebrate the bond between dads and their children.

"Color Him Father": A top 10 hit for R&B group the Winstons, this upbeat track from 1969 sings the praises of a kind, hardworking stepfather to a widow's seven children.

"Father and Son": When listening to this 1970 Cat Stevens song, note when the singer-songwriter is singing in a lower register and when he goes up an octave. The deep verses are the father's side of the conversation, and the higher verses are the son's response.

"Daddy's Hands": Country singer Holly Dunn wrote this sweet tribute as a Father's Day gift for her dad. Released in 1986, it spent six months on the country charts and made Dunn a Nashville star.

"I'm Already There": This 2001 single by country group Lonestar resonated with listeners familiar with the message of a father away from home, especially those deployed in the military. The band later recorded a version that included phone calls from soldiers to their loved ones.

"Dance With My Father": Though he lost his father at age 7, Luther Vandross held on to memories of his parents happily dancing in their home. This sentimental ode struck a chord with listeners, sending the song to No. 1 on the R&B charts in 2003.

Here Comes Ice Cream

Nothing says summer like the tinkling tunes of the neighborhood ice cream truck, instantly making mouths water for a frozen treat.

Ice cream vendors have been peddling cold concoctions on city streets since the 1800s, announcing their presence with bells, harmonicas, barrel organs or their own singing voices.

In the 1920s, motorized trucks began to replace pushcarts and wagons, but drivers still relied on bells to advertise their frosty offerings. Weary of manually clanging the bells all day, some vendors strapped music boxes to their vehicles, blasting out folk songs such as "Turkey in the Straw," "The Entertainer" and "Pop Goes the Weasel."

The music was a marketing success, creating a need for electronic music boxes made for ice cream trucks. As the industry took off in the 1950s, data showed that trucks with music boxes sold twice as much ice cream as those with bells.

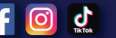
Nowadays, ice cream trucks continue to crank out old-fashioned tunes, enticing customers with nostalgia and, of course, tasty treats.



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JUNE 2022

A Note From Our Executive Director

Dear Residents,
Family
and Friends,
Summer is almost here! We are looking forward to sitting outside more to get some vitamin D and fresh air. As always, remember to stay hydrated and drink lots of water. We have a hydration station in the Lobby with fresh water for your convenience.



We have more exciting activities and events planned for you this month. We have a representative from Wild Birds Unlimited coming in to talk about hummingbirds. We have a bus trip to Bluebird Gap Farm planned and, last but not least, we have a 1950s-themed Sock Hop planned! We hope you will all attend! Wishing all of our dads a Happy Father's Day!

Sincerely,
Natalie Fox
Executive Director

June Employee of the Month

Patricia Banks is our June Employee of the Month. She is our daytime Concierge and has been with The Devonshire almost a year and a half. Patricia is always helpful and friendly. She enjoys helping our residents and getting to know them. In her spare time she loves spending time with her grandbabies, baking cakes and she loves fashion and shopping. Her favorite vacation spot is Daytona Beach, Fla. She also hopes to travel one day to Puerto Rico.



