

Your Return Address
Street Number and Name
City, State ZIP Code

Postage
Information

Devon House Senior Living
1930 Bevin Drive
Allentown, Pa .18103

The Irresistible Iris



What is it about the iris that is so alluring? Van Gogh often painted beautiful flowers. The fleur-de-lis, a stylized iris, is a symbol associated with France, New Orleans, Florence, and even the Cub Scouts, Boy Scouts, and Girl Scouts. Perhaps it should come as no surprise that this popular flower enjoys its own holiday on May 8.

The word *iris* comes from a Greek word meaning “rainbow,” which is fitting since irises come in shades of purple, yellow, white, pink, and blue. In Japan, iris flowers are believed to ward off evil spirits, and the leaves are put in bathwater to prevent illness.

With Mother’s Day fast approaching on May 12, perhaps May 8 is the perfect occasion to run to the flower shop and buy a beautiful bouquet of irises.

May Birthdays

Those born between May 1–20 are Bulls of Taurus. Bulls show a steady persistence in both professional and personal endeavors. After working hard, they like to reward themselves for a job well done. If you were born between May 21–31, you are a Twin of Gemini. Geminis make communicative and lively companions. Intellectual and imaginative, they are the ones to sit near at a party.

James Brown (musician) – May 3, 1933
Gary Cooper (actor) – May 7, 1901
Don Rickles (comedian) – May 8, 1926
Joe Louis (boxer) – May 13, 1914
Tori Spelling (actress) – May 16, 1973
Cher (singer) – May 20, 1946
Mary Cassatt (artist) – May 22, 1844
Ian Fleming (writer) – May 28, 1908
Mel Blanc (voice actor) – May 30, 1908
Brooke Shields (model) – May 31, 1965

May 2024

The DevonHouse Herald

DevonHouse Senior Living | 1930 Bevin Drive Allentown , Pa 18103| 610-967-1100



Playful May

As the vibrant blooms of May usher in warmer days, it’s the perfect time to embrace the great outdoors, starting right in your backyard. Here’s a roundup of backyard games and activities that will turn your outdoor space into a hub of entertainment and relaxation.

First up, consider organizing a lawn bowling extravaganza. Gather your friends and family for some friendly competition. The satisfying clatter of pins and the strategic precision employed make it enjoyable for all ages. Set up a makeshift alley, and let the good times roll!

Next, why not create your own picnic paradise? May is the ideal month for a delightful backyard picnic. Spread out a cozy blanket, pack a basket with your favorite treats, and bask in the sunshine. Invite friends over for an afternoon of al fresco dining, complete with refreshing beverages and delicious snacks.

For those who enjoy a challenge, organize a giant Jenga jamboree. The towering wooden blocks add an exciting twist to the classic game, requiring steady hands and careful thinking. Challenge your friends to a game, and watch the tension rise with each precarious pull.

If you’re in the mood for some physical activity, plan a badminton bonanza. The game is a fantastic way to get active. Whether you’re a seasoned pro or a novice, the backyard is the perfect setting for a spirited match.

Finally, as the sun sets, make the yard into a cozy haven for a campfire and stargazing. Set up a fire pit, roast marshmallows, and share stories under the stars. If you have a telescope, see what constellations you can identify... or just marvel at the beauty of the night sky.

May in the backyard is all about play, laughter, and making memories. Dust off those outdoor games, invite your favorite people, and let the backyard festivities begin!

Celebrating May Birthdays

Elaine Biondi-May 10th

Alice Timothy-May 25th

Marilyn Zazworsky-May 26th

Sharon Stoekel- May 30th

Be Kind to Animals Week

May 5–11

Backyard Games Week

May 20–26

International Midwives’ Day

May 5

National Third Shift

Workers Day

May 8

Miniature Golf Day

May 11

Mother’s Day

May 12

International Museum Day

May 18

International Tea Day

May 21

Amnesty International Day

May 28

Wriggle and Roll



On May 11, give your feet a rest and let your belly do the dancing. It's World Belly Dance Day. The term *belly dance* is believed to have been first coined by the French, who called it *danse du ventre*, or "dance of the stomach." Then, in 1893, a dancer known as Little Egypt belly danced at the

Chicago World's Fair. The performance fascinated Americans. Hoping to capitalize on this newfound craze, Hollywood began making movies in which dancers wore elaborate Middle Eastern-inspired costumes. In this way, the popularity of belly dancing was born.

Belly dancing has two Arabic names. *Raqs sharqi* refers to the dance most familiar to Westerners, where a woman improvises a solo dance with relaxed, torso-driven movements. *Raqs baladi* is a more folkloric style of dance performed by both men and women at traditional celebrations such as wedding parties.

The most important body part in belly dancing is actually the hips. Hips can drop, twist, or lift. Other movements include slow and rhythmic figure eights involving the hips and belly, rolling the stomach like a wave from the ribs to the belly, or quickly shaking the hips or shoulders. Each of these movements is designed to accompany a specific beat, melody, or instrument in the music.

Egypt may be considered the home of belly dancing today, but Turkey, Cyprus, Lebanon, Syria, Jordan, Iraq, and Israel all have dancing traditions that involve using the hips and belly. Belly dancing has spread far and wide from the Middle East and is now a popular form of exercise, artistic expression, and meditative practice. There may be a belly dancing school in your neck of the woods, so stop by this May 11 for a lesson or a show.

Employee of the Month !



Congratulations Cindy!

Green Gold



A great use of your time on May 29 is to learn about the many benefits of composting. It is, after all, Learn About Composting Day.

One of the best ways to maintain a healthy garden is to feed it fresh compost. Most soils are sandy, rocky, or compacted—less than perfect in some way. Adding compost improves a soil's fertility, thanks to a dose of energy-giving nutrients and microorganisms. Plus, you can forego harsh and costly chemical fertilizers.

The trick to a healthy compost pile is a good carbon-to-nitrogen ratio. Different types of matter provide carbon (branches, dead leaves, peels, wood, straw) and nitrogen (food scraps, green grass clippings, green leaves, stems). and watch as the perfect soil additive develops before your eyes.

Mediterranean Magic



What is it about living in the Mediterranean that allows people to live longer? Is it the sunshine? The red wine? Science suggests that it's the Mediterranean diet. This simple diet isn't

a fad; it just consists of foods typical of the Mediterranean region. And yes, the occasional glass of red wine is included! May is International Mediterranean Diet Month, so add a few of this region's foods to your shopping list.

All healthy diets require a variety of fruits, vegetables, and whole grains, but what makes the Mediterranean diet special? Bread is a staple in many Mediterranean countries, but the grains typically are whole grains, containing no damaging trans fats. Moreover, these whole grain breads are eaten plain or simply dipped in olive oil, not spread with butter or margarine. Also, salt isn't the first choice when it comes to increasing flavor. Instead, cooks sprinkle on herbs and spices.

Nuts are another frequent addition to meals. Some people avoid nuts because they are high in fat, but nuts actually contain healthy fats. Mediterranean diets steer clear of honey-roasted or salted nuts.

Speaking of fat, olive oil is almost always the primary source of fat, used in lieu of vegetable or canola oil and butter. Olive oil helps reduce cholesterol and is full of beneficial antioxidants. Eating fish at least twice a week (and red meat only a few times a month) also increases the intake of omega-3 fatty acids, which help moderate blood pressure, improve the health of blood vessels, and decrease the likelihood of heart attacks.

What about red wine? Dark red wine is rich in antioxidants, but many doctors hesitate to recommend alcohol as part of a healthy diet. Whatever the secret of the Mediterranean diet, studies show that it staves off heart disease and cancer and can even reduce incidences of Parkinson's and Alzheimer's. Cheers to that!

Sound Choices

Hearing loss is the number one disability in the world, affecting 1.5 billion people, both young and old. Hearing decreases as we age, and more people living longer means more people experience hearing loss. However, the main culprit of hearing loss is too much noise. This May 31, Save Your Hearing Day, follow these tips to give your ears a rest.

In many cases, our ears' worst enemies are everyday appliances that make our lives easier: hair dryers, lawn mowers, and portable music players. Work-related noise is also a culprit. So how do we fight hearing loss? Search out peace and quiet for one. And don't be afraid to protect your ears with earplugs or other types of ear protection. Other methods to save hearing may surprise you. Some doctors stress a diet rich in nutrients that slow the aging process. Exercise is just as important. It stimulates circulation, which is greatly beneficial to a healthy auditory system. Now that's advice worth listening to!

Winds of Change



When you picture a windmill, you might imagine a quaint wooden structure overlooking a field of tulips or a peaceful farm scene. Windmills aren't just a nostalgic piece of the past, however. Although most no longer mill flour or help saw wood, today's sleek, powerful

windmills and wind turbines harness wind power to create energy.

More and more, windmills towering over 200 feet tall, with blades longer than 100 feet, can be spotted on seashores and hilltops. These spinning giants provide an important source of clean energy in many countries worldwide. Embracing Windmill Day, May 11, honors the ingenuity of our ancestors and underscores the importance of renewable energy sources in our present and our future.