



THE RESERVE

at Daleville

25 Daleville Lane • Daleville, VA 24083



BULLETIN BOARD

Recognizing First Responders

May is filled with annual observances that pay tribute to the dedication of first responders. Look for ways to recognize National Police Week, International Firefighters Day, National Emergency Medical Services Week and Nurses Week, all happening this month.

Positive Thought

“One of the most important things you can accomplish is just being yourself.”
—Dwayne Johnson

MAY 2021



NOTES & NEWS

Make Time for Mother Nature

Want to get happy and slash stress? Spend 20 minutes outside, whether it's a stroll in a public park or simply sitting in a patch of green space close to home or work. Even a small dose of nature has been shown to generate big payoffs to mental and physical health.

It's Strawberry Season

The first fruit to ripen in spring, fresh strawberries are a sweet favorite. The average person in America eats more than 3 pounds of them each year. But it only takes a few to get a taste of their benefits. One serving, about eight strawberries, packs more vitamin C than an orange.

A Good Rule of Thumb

Washing your hands is a routine habit, but be sure your thumbs get in on that 20-second scrub-down. Those two digits spend a lot of time on high-touch surfaces, such as tapping cell phone screens and pressing remote control buttons, so don't forget them.

HIGHLIGHTS

Thinking of Mom

Mother's Day is the time to give thanks to moms, grandmothers and other special women in our lives. If cards and flowers aren't your style, there are plenty of other ways to show your appreciation. Share a list of favorite memories, make her a playlist of meaningful songs, treat her to an at-home spa day, or bake her a batch of cookies. Whatever you do, she will cherish the fact you thought of her.

Chat and Save

When you're shopping online and the site offers live chat with a customer service representative, starting a conversation could save you some money. Tell them you're interested in their product and ask if there's a sale price or discount code they can offer for your purchase.

Burger Bargains

May 28 is National Hamburger Day and to celebrate, many burger chains offer freebies and specials. Check their social media sites for deals.

Self-Care Corner: Wake Up With Water

Drinking water throughout the day keeps you hydrated and feeling good, and one way to get into the habit is to have a glass of H2O as soon as you get up. Health experts say drinking water right away can rehydrate your body after sleeping and helps you shake off fatigue.

Office Hours

Monday - Friday 9am to 6pm
Saturday 10am to 3pm
Sunday Closed

TRIVIA WHIZ

Thank You, Nurses!

As the largest group of health care workers, nurses provide care in jobs throughout our communities, with many of these women and men serving on the front lines.

- Worldwide, there are 20 million nurses. Over 4 million nurses are on the job in the U.S.
- The majority of registered nurses work in hospitals. The rest serve in long-term care facilities, at clinics and schools, and in other settings.
- Every year, there's a whole week dedicated to them. Celebrated May 6–12, National Nurses Week ends on the birthday of Florence Nightingale, the founder of modern nursing.
- A lamp symbolizes the nursing career. Nightingale was known as the "lady with the lamp," since she carried one with her at night while checking on her patients.
- The world's first nursing school is said to have started in 250 B.C. in India. Only men could attend.
- Today, women make up 90% of the field.
- The first American to earn a diploma for nursing was Linda Richards, who graduated in 1873 from a program in Boston.
- There are over 100 different nursing specialties.
- Nurses walk a lot! On average, a hospital nurse walks 4 to 5 miles during a 12-hour shift.
- For the past two decades, nursing has been voted the most-trusted profession.

**"Nurses dispense comfort, compassion and caring without even a prescription."
—Terri Guillemets**



Seasonal Skin Care Tips

Days of outdoor fun and sun are ahead, which means your skin will likely be feeling the heat. Protect it with some skin-saving reminders.

Dermatologists' top advice? Sunscreen, sunscreen, sunscreen! Protecting your skin from the sun's harmful ultraviolet rays should be a daily habit, but it's essential during summer days. Wear a broad-spectrum sunblock with a sun protection factor of 30 or higher, and reapply it every two hours when you're outside for long periods.

More sunshine, hot temperatures and humidity mean increased perspiration. When sweat gets trapped in the skin's pores, heat rash, also called prickly heat, can develop. To prevent it, wear loose-fitting, lightweight clothing and try to keep skin dry and cool.

Itchy bug bites are also common this time of year. Resist the urge to scratch them, which can lead to infection and scarring. Use a cold compress or hydrocortisone cream for itch relief.

With outdoor activities and time at the pool, beach or lake, you may be showering more often. Frequent bathing in water that's too hot can dry out skin, so adjust the water temp to warm or cool and slather on a moisturizing lotion afterward.

And remember that drinking plenty of water is one of the best habits that can keep both you and your skin hydrated and healthy.

Tortilla Twists

The staple bread of Mexican cuisine, tortillas are always good to have on hand since they can be used in lots of different ways. Get cookin' with these creative takes:

Try a new tradition. Tacos, burritos and quesadillas are common tortilla-based recipes, but if you're looking to shake up your Mexican and Tex Mex-inspired meals, try making chimichangas, tostadas, flautas or taquitos.

Play with shapes. Make a salad feel fancy by baking corn or flour tortillas into the shape of a bowl, using an oven-safe bowl as a mold. Small tortillas can be placed in a muffin tin to create mini cups to hold dips, scrambled eggs, or even ice cream!

Wrap some apps. Love corn dogs? Wrap corn tortillas around hot dogs and bake until crispy. You can also roll tortilla halves around asparagus spears, green beans

or zucchini sticks and bake them for crunchy, healthy appetizers.

Fill and fold. This tortilla hack has gone viral on social media. Make a cut from the center of a tortilla to the bottom edge, then cover each of the four quarters of the tortilla with a different ingredient—think bacon, lettuce, tomato and cheese; or sliced strawberries, nut butter, shredded coconut and chocolate sauce. Starting with the cut edge, fold each section over one another until you have a layered triangle. The wrap can then be toasted in a skillet or eaten as is.





WIT & WISDOM

★★★★★ MEMORIAL DAY

★★★ REMEMBER & HONOR ★★★

Remember, Honor, Celebrate

Memorial Day pays tribute to those who have made the ultimate sacrifice while serving in the armed forces. There are many ways you can take part in honoring these heroes.

Explore their stories. Read a military memoir or watch a movie or documentary. You can listen to recordings of veterans' firsthand accounts online at StoryCorps.org.

Tune in to a TV tradition. For the past 30 years, on the night before Memorial Day, PBS stations broadcast the National Memorial Day Concert, an annual event that honors the fallen and their families with musical performances and personal stories.

Learn about your family's military heritage. Talk to family members who were in the military about their experiences. Ask about stories of past relatives who served.

Post a tribute. If you have a loved one who is a fallen hero, post a photo and story about them on social media.

Send a letter. Express your thanks in a note to currently deployed troops. Search online for one of many nonprofit groups that gather and distribute letters to men and women serving overseas.

Visit a memorial. Spend time at a local military monument or museum, or pay your respects at a veterans cemetery. You can also make virtual visits to many war memorials across the country and overseas.

Pause at 3 p.m. Stop and reflect during the National Moment of Remembrance, a one-minute pause observed at 3 p.m. local time on Memorial Day.

Featured Recipe

Easy Strawberry Shortcake

Make the most of strawberry season with this quick version of a dessert favorite.

Ingredients:

- 1 tube refrigerated flaky buttermilk biscuits (5 to 8 biscuits)
- 2 tablespoons butter, melted
- 1/2 cup sugar, divided
- 3 cups fresh strawberries, sliced
- Whipped cream

Directions:

Heat oven to 375° F.

Dip top and sides of each biscuit in melted butter. Then dip in 1/4 cup sugar, covering the top and sides. Place biscuits sugar-side up on an ungreased baking sheet. Bake 13 to 17 minutes, or until golden brown.

While biscuits bake, make the strawberry mixture. In a medium bowl, stir together strawberries and remaining 1/4 cup sugar. Let sit until berries release their juices, about 30 minutes.

When ready to serve, split biscuit and put a dollop of whipped cream on the bottom half. Add a spoonful or two of the strawberry mixture. Cover with top half of biscuit. Add more whipped cream and a few berry slices.

Find more recipes at Culinary.net.



"We're all different.
That's what makes us special."

—*Carrie Underwood*

"In life, there is always that special person who shapes who you are, who helps to determine the person you become."

—*Molly Ringwald*

"You just have to find that thing that's special about you that distinguishes you from all the others, and through true talent, hard work and passion, anything can happen."

—*Dr. Dre*

"Don't ever doubt yourselves or waste a second of your life. It's too short, and you're too special."

—*Ariana Grande*

"What makes something special is not just what you have to gain, but what you feel there is to lose."

—*Andre Agassi*

"Take that one thing you don't like about yourself and more often than not that's the one thing that makes you more special."

—*Shay Mitchell*

"If you laugh, you think, and you cry, that's a full day. You do that seven days a week, you're going to have something special."

—*Jim Valvano*

"I believe in individuality, that everybody is special, and it's up to them to find that quality and let it live."

—*Grace Jones*

"You take away all the other luxuries in life, and if you can make someone smile and laugh, you have given the most special gift: happiness."

—*Brad Garrett*



May 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 May 						1 <i>National Fitness Day!!</i>
2	3	4 <i>National Star Wars Day!!</i> <i>National Teacher Appreciation Day!!</i>	5 <i>Cinco De Mayo!!</i>	6 <i>National Nurses Day!!</i>	7	8
9 <i>Mother's Day</i>	10 <i>Resident Appreciation Week Begins!</i> More Details to Come!	11	12	13	14 <i>Resident Appreciation Concert!</i> More Details to Come!	15 
16 <i>National Mimosa Day!!</i>	17	18	19 	20	21	22
23/30	24/31 <i>Memorial Day!!</i>	25	26	27	28 	29

"This Month In History"

MAY

1922: The Lincoln Memorial is dedicated. It took eight years to build the statue of U.S. President Abraham Lincoln and its surrounding building on Washington, D.C.'s National Mall.

1939: The caped crimefighter Batman makes his debut in issue No. 27 of "Detective Comics." The superhero was an instant hit with readers.

1945: Celebrations erupt worldwide after Allied leaders announce the end of fighting in Europe in World War II.

1963: High school junior Lesley Gore performs her first single, "It's My Party," on TV's "American Bandstand." The next week, the song topped the U.S. pop music chart.

1971: Merging 20 of America's passenger railroad services into one, Amtrak begins service.

1994: Nelson Mandela is inaugurated as South Africa's first Black president.

2001: Thousands line up to be the first customers when tech company Apple opens its first retail stores in Virginia and California.

2019: New York City officially renames the intersection of West 63rd Street and Broadway to Sesame Street to honor the 50th anniversary of the kids' TV show.