

Coffee Break

At home or on the go, plain or flavored, hot or cold, coffee is often part of our daily routine. Percolate on some details about this beloved brewed beverage.

- More than 2 billion cups of coffee are consumed every day across the world, making it one of the most popular drinks.
- First discovered in Ethiopia, the coffee bean is actually a seed inside the coffee cherry, which is a fruit that grows on small trees.
- Brazil is the biggest producer of the globe's coffee supply.
- You'll find two main types of coffee beans: The most common is Arabica, and robusta is the variety used for instant coffee.
- The country of Finland consumes the most coffee.
- There's a lot of scientific evidence that shows drinking coffee may help you live longer. It's linked to a reduced risk of heart disease, cancer and diabetes.
- According to sales figures, cold brew is now the hottest coffee trend in the U.S.
- Why do you get that jolt from java? The caffeine in coffee triggers the release of adrenaline and boosts the brain's level of dopamine, a chemical that puts you in a good mood.
- With over 30,000 locations, Starbucks is the world's largest coffee shop chain.
- Coffee could power our cars one day. Researchers are converting coffee grounds into fuel.

Dried Fruits for a Wellness

Boost (Continued)

Figs — Grown on certain species of ficus trees, figs have more fiber than any other fruit. Their high levels of fatty acids, antioxidants and prebiotics can help lower cholesterol, prevent disease and improve digestion.

Raisins — These dehydrated grapes contain potassium and iron, which are linked to lowering blood pressure and inflammation. Sprinkle them in cereal and salads, bake them in cookies and bread, or add them to trail mix. They're also a flavorful ingredient in a variety of savory recipes.

A Grand Relationship

Anyone who has received a loving hug, phone call or letter from a grandchild knows how truly special and beneficial that bond is.

Intergenerational relationships are important for the emotional growth of a child, who develops a sense of belonging and identity by feeling part of a larger family. A grandparent can strengthen this connection by passing on family history, heritage and traditions. Grandparents also serve as a child's source of wisdom, emotional support, entertainment and, of course, unconditional love.

In return, grandchildren bring meaning and joy to a grandparent's life. By being able to play a nurturing role and watch grandchildren grow—without the responsibility of primary parenting—grandparents experience an increased sense of self-worth and purpose.

One of the biggest rewards of the grandparent-grandchild relationship is learning new things from each other. Together, grandparents and grandchildren can share and explore existing passions and new interests, and both old and young can experience the world from a fresh perspective.

The Devonshire Lifestyle



Like Us!
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Independent Living Community

2220 Executive Drive • Hampton, VA 23666 • (757) 827-7100 • www.devonshireseniorliving.com

SEPTEMBER 2020

Activities and Covid-19

Dear Residents, Families and Friends,

We are now holding activities in the Activity Room once again!

We want to make sure you are aware of the guidelines set in place to ensure we are able to continue using the room for activities safely.

1. All activities in the room must be kept to 10 people and less.
2. All residents must properly wear their face mask, to include covering their nose.
3. Social distancing of 6 feet or more must be observed throughout The Devonshire.
4. Wash your hands before and after any activity.
5. Items must not be placed in the Activity Room or other common areas for residents to pick through. This includes donations from residents or their families.
6. Residents that are under apartment quarantine must not engage with other residents in the Activity Room, lobby or other common areas.
7. Residents should refrain from entering the apartments of those who are under quarantine.

Please be respectful of the health of all residents. Following these guidelines allows us to open more activities and allows each and every resident the opportunity to feel and be safe within The Devonshire.

Please remember that Covid-19 cases continue to rise outside of The Devonshire doors.

Together, we must work to stay healthy.

Sincerely,

Your Executive Director and Activity Directors,
Natalie Fox, Candice King and Vivian Whitfield

Dried Fruits for a Wellness Boost

Bite-sized servings packed with flavor, dried fruits can be a sweet addition to a nutritious diet. When you're hankering for a snack, reach for one of these popular options:

Apricots — This orange, velvety fruit related to the peach is rich in vitamins A, C and E, which promote healthy vision, benefit your skin, and can help strengthen immunity. Apricots' high calcium and iron content aids in maintaining strong bones and good circulation.

Dates — Although they taste very sweet, dates have a low glycemic index, making them a nourishing nibble for those watching their blood sugar levels. Full of fiber and iron, these sticky dried fruits are featured in baked goods, as well as rice and lentil dishes.

Prunes — Like dates, prunes, which are dried plums, are a sweet, filling snack that won't cause blood sugar levels to spike. Prunes are good sources of vitamins A and K, as well as fiber, potassium and boron, a mineral that supports bone health.

(Continued on back.)



SEPTEMBER 2020

Locations

Activities Room, AR
Court Yard, CY
Craft Room, CR
Dining Room, DR
Game Room, GR
Windsor Room, WR

Birthdays

Frank Steinbach, 7th
James Hunsucker Sr., 11th
Ann Stovall, 22nd
Bill Layton, 28th

Country Store

Tuesday, Thursday & Sunday
11 a.m.-Noon

“We need to remember across generations that there is as much to learn as there is to teach.”

—Gloria Steinem

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 9:30 Grocery Orders 10:00 Temperatures 11:00 Country Store 1:30 Cookie Basket 1:30 Bingo 1st Floor, AR 3:30 Exercise 2nd Floor, AR	2 10:00 Temperatures 1:30 Fruit Basket 1:30 Bingo 2nd floor, AR 3:30 Exercise 3rd Floor, AR	3 10:00 Temperatures 11:00 Country Store 1:30 Bingo 2nd Floor, AR 3:30 Activity Room Exercise 1st Floor, AR	4 10:00 Temperatures 1:30 1st Floor Happy Hour, AR 2:30 2nd Floor Happy Hour, AR 3:00 3rd Floor Happy Hour	5 10:00 Temperatures 1:30 Shire Hallway Juice Cart, AR
6 9:30 Individual Art Work 11:00 Country Store 1:30 Temperatures and Scone Carts	LABOR DAY 7	8 9:30 Grocery Orders 10:00 Temperatures 11:00 Country Store 1:30 Cookie Basket 1:30 Bingo 1st Floor, AR 3:30 Exercise 2nd Floor, AR	9 10:00 Temperatures 1:30 Fruit Basket 1:30 Bingo 2nd floor, AR 3:30 Exercise 3rd Floor, AR	10 10:00 Temperatures 11:00 Country Store 1:30 Bingo 2nd Floor, AR 3:30 Activity Room Exercise 1st Floor, AR	PATRIOT DAY 11 10:00 Temperatures 1:30 1st Floor Happy Hour, AR 2:30 2nd Floor Happy Hour, AR 3:00 3rd Floor Happy Hour	12 10:00 Temperatures 1:30 Shire Hallway Juice Cart, AR
13 8:00 Grandparents Day 9:30 Individual Art Work 11:00 Country Store 1:30 Temperatures and Scone Carts	14 1:00 Resident Ideals Time 1:30 Temperatures and Snack Cart	15 9:30 Grocery Orders 10:00 Temperatures 11:00 Country Store 1:30 Cookie Basket 1:30 Bingo 1st Floor, AR 3:30 Exercise 2nd Floor, AR	16 10:00 Temperatures 1:30 Fruit Basket 1:30 Bingo 2nd floor, AR 3:30 Exercise 3rd Floor, AR	17 10:00 Temperatures 11:00 Country Store 1:30 Bingo 2nd Floor, AR 3:30 Activity Room Exercise 1st Floor, AR	ROSH HASHANAH BEGINS AT SUNSET 18 10:00 Temperatures 1:30 1st Floor Happy Hour, AR 2:30 2nd Floor Happy Hour, AR 3:00 3rd Floor Happy Hour	19 10:00 Temperatures 1:30 Shire Hallway Juice Cart, AR
20 9:30 Individual Art Work 11:00 Country Store 1:30 Temperatures and Scone Carts 1:30 National Punch Day	21 1:00 Resident Ideals Time 1:30 Temperatures and Snack Cart	AUTUMN BEGINS 22 9:30 Grocery Orders 10:00 Temperatures 11:00 Country Store 1:30 Cookie Basket 1:30 Bingo 1st Floor, AR 3:30 Exercise 2nd Floor, AR	23 8:00 A Moroccan Good Time 10:00 Temperatures 1:30 Fruit Basket 1:30 Bingo 2nd floor, AR 3:30 Exercise 3rd Floor, AR	24 10:00 Temperatures 11:00 Country Store 1:30 Bingo 2nd Floor, AR 3:30 Activity Room Exercise 1st Floor, AR	25 10:00 Temperatures 1:30 1st Floor Happy Hour, AR 2:30 2nd Floor Happy Hour, AR 3:00 3rd Floor Happy Hour	26 10:00 Temperatures 1:30 Shire Hallway Juice Cart, AR
YOM KIPPUR BEGINS AT SUNSET 27 9:30 Individual Art Work 11:00 Country Store 1:30 Temperatures and Scone Carts	28 1:00 Resident Ideals Time 1:30 Temperatures and Snack Cart	29 9:30 Grocery Orders 10:00 Temperatures 11:00 Country Store 1:30 Cookie Basket 1:30 Bingo 1st Floor, AR 3:30 Exercise 2nd Floor, AR	30 10:00 Temperatures 1:30 Fruit Basket 1:30 Bingo 2nd floor, AR 3:30 Exercise 3rd Floor, AR			