

The Devonshire *Lifestyle*



Like Us!



Assisted Living Community

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The Words of MLK

In honor of Martin Luther King Jr. Day, here are some of his most enduring speeches.

Montgomery bus boycott speech. One of King's first public speeches took place on Dec. 5, 1955, in Alabama, just a few days after Rosa Parks was arrested for refusing to give up her bus seat. His inspiring words about peaceful protests launched his role as a leader of the civil rights movement.

"I Have a Dream." King delivered these iconic words from the steps of the Lincoln Memorial in Washington, D.C., on Aug. 28, 1963. Over 250,000 people gathered there and heard King describe his vision of the future, where his children "will not be judged by the color of their skin, but by the content of their character."

Nobel Peace Prize speech. In 1964, King was 35 and at the time, was the youngest person to win the Nobel Peace Prize. Accepting the honor on Dec. 10, 1964, he described the beauty of brotherhood and peace as "more precious than diamonds or silver or gold."

"How Long, Not Long." On March 25, 1965, after marching with 25,000 protesters from Selma to the Alabama Capitol in Montgomery, King encouraged the crowd, saying, "The road ahead is not altogether a smooth one. ... But we must keep going."

"I've Been to the Mountaintop." King gave his final address in Memphis, Tenn., on April 3, 1968, the night before he was assassinated. Speaking to a group of striking city workers, King emphasized the importance of unity in the fight for justice.

Choose a Word of the Year

Instead of making a New Year's resolution, many people pick a word of the year, which serves as motivation for daily activities as well as bigger goals. Brainstorm a list of inspirational words, such as "grow," "balance," or "reflect." After you choose a word, write it on a note and place it where you'll see it every day.

JANUARY 2023

A Note From Our Executive Director



Happy New Year to all of our residents! We'd like to thank you all for making last year so pleasant, and we hope you'll continue to make your home in our community for a long time to come!

Smitten With Gloves

Gloves have long been associated with romance. Knights were said to carry the glove of a sweetheart in their helmets to bring them good luck. In Victorian England, a suitor would gift a pair of gloves to the girl of his dreams, who'd wear the gloves in public if she returned his affections. And a Latvian tradition calls for brides to fill a hope chest with hundreds of handmade mittens as a sign of devotion.





Locations

Activities Room	AR
Courtyard	CY
Dining Room	DR
Windsor Room	WR
Activities Dining Room	DR
Independent Dining Room	IDR
Outing	O
Activities Room Hallway	ARH

Country Store

Tuesday	11am-Noon
Thursday	10am-11am

Birthdays

Esta Johnson $\frac{1}{4}$
Harry Howard $\frac{1}{8}$

Taking a Polar Plunge

Kicking off the year by running into freezing cold waters has become a daring New Year's Day tradition for those brave enough to take part. Polar bear plunges are held across the globe on the holiday and throughout the winter, with many of these events serving as fundraisers for charities. The first recorded polar plunge in the U.S. dates back to 1904 in Boston.

**"There is no happiness like that of being loved by your fellow-creatures, and feeling that your presence is an addition to their comfort."
—Charlotte Bronte**

Activities Subject to Change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div><div>New Year's Day1</div><div>9:30 Hampton Christian Church</div><div>10:30 Gospel Sounds Activity room</div><div>1:30 Sunday Matinee</div><div>3:30 Sports Hour (football NFL)</div><div>5:30 Adult Coloring</div></div>	<div><div>New Year's Day (Observed)2</div><div>10:00 Exercise and weights</div><div>10:30 January Trivia</div><div>11:00 News and Views</div><div>1:30 Bingo with Prizes</div><div>4:00 Travel Video (where are you from?)</div></div>	<div><div>3</div><div>10:00 Brain Exercise with Legacy</div><div>10:30 Coffee, Tea and Pastries</div><div>11:00 Fun with Price is Right</div><div>12:00 At the Movies (residents' choice)</div><div>1:30 Nail Care</div><div>3:30 Library Hour</div></div>	<div><div>4</div><div>10:00 Sports Hour time</div><div>10:15 Fitness and Fun</div><div>11:00 Hydration Time (water or Juice)</div><div>1:30 Bingo with Prizes</div><div>2:30 Hot Cocoa and Cookies</div><div>4:00 Table Games (Uno or Dominoes)</div></div>	<div><div>5</div><div>10:00 Physical Games</div><div>10:30 Door to Door Visits (one on one)</div><div>11:00 Hydration Time (water or Juice)</div><div>2:30 Winter Nature Video</div><div>3:30 Card Games (Uno or Spades)</div></div>	<div><div>6</div><div>10:00 Exercise and weights</div><div>10:30 Facts and Word Games</div><div>11:00 Health Notes</div><div>2:00 Bingo with Prizes</div><div>3:30 TGIF SOCIAL</div><div>6:00 Friday at the Movies</div></div>	<div><div>7</div><div>9:30 Word Search Puzzles</div><div>10:00 Cowboy shows</div><div>11:00 Saturday News (CNN)</div><div>1:30 Trip: Scenic Ride</div><div>2:00 Hydration Time (water or Juice)</div><div>3:00 Sports Hour time</div></div>
<div><div>8</div><div>9:30 Hampton Christian Church</div><div>10:30 Gospel Sounds Activity room</div><div>1:30 Sunday Matinee</div><div>3:30 Sports Hour (football NFL)</div><div>5:30 Adult Coloring</div></div>	<div><div>9</div><div>10:00 Exercise and weights</div><div>10:30 January Trivia</div><div>11:00 News and Views</div><div>1:30 Bingo with Prizes</div><div>4:00 Travel Video (where are you from?)</div></div>	<div><div>10</div><div>10:00 Brain Exercise with Legacy</div><div>10:30 Coffee, Tea and Pastries</div><div>11:00 Fun with Price is Right</div><div>12:00 At the Movies (residents' choice)</div><div>1:30 Nail Care</div><div>3:30 Library Hour</div></div>	<div><div>11</div><div>10:00 Sports Hour time</div><div>10:15 Fitness and Fun</div><div>11:00 Hydration Time (water or Juice)</div><div>1:30 Bingo with Prizes</div><div>2:30 Hot Cocoa and Cookies</div><div>4:00 Table Games (Uno or Dominoes)</div></div>	<div><div>12</div><div>10:00 Physical Games</div><div>10:30 Door to Door Visits (one on one)</div><div>11:00 Hydration Time (water or Juice)</div><div>2:30 Winter Nature Video</div><div>3:30 Card Games (Uno or Spades)</div><div>5:00 Special Event Winter Wonderland</div></div>	<div><div>13</div><div>10:00 Exercise and weights</div><div>10:00 Trip: Neighborhood Walmart</div><div>10:30 Facts and Word Games</div><div>11:00 Health Notes</div><div>2:00 Bingo with Prizes</div><div>3:30 TGIF SOCIAL</div><div>6:00 Friday at the Movies</div></div>	<div><div>14</div><div>9:30 Word Search Puzzles</div><div>10:00 Cowboy shows</div><div>11:00 Saturday News (CNN)</div><div>2:00 Hydration Time (water or Juice)</div><div>3:00 Sports Hour time</div></div>
<div><div>15</div><div>9:30 Hampton Christian Church</div><div>10:30 Gospel Sounds Activity room</div><div>1:30 Sunday Matinee</div><div>3:30 Sports Hour (football NFL)</div><div>5:30 Adult Coloring</div></div>	<div><div>16</div><div>Martin Luther King Jr. Day</div><div>10:00 Exercise and weights</div><div>10:30 January Trivia</div><div>11:00 News and Views</div><div>1:30 Bingo with Prizes</div><div>2:30 Martin Luther King Video</div><div>4:00 Travel Video (where are you from?)</div></div>	<div><div>17</div><div>10:00 Brain Exercise with Legacy</div><div>10:30 Coffee, Tea and Pastries</div><div>11:00 Fun with Price is Right</div><div>12:00 At the Movies (residents' choice)</div><div>1:30 Nail Care</div><div>3:30 Library Hour</div></div>	<div><div>18</div><div>10:00 Sports Hour time</div><div>10:15 Fitness and Fun</div><div>11:00 Hydration Time (water or Juice)</div><div>1:30 Bingo with Prizes</div><div>2:30 Hot Cocoa and Cookies</div><div>4:00 Table Games (Uno or Dominoes)</div></div>	<div><div>19</div><div>10:00 Physical Games</div><div>10:30 Door to Door Visits (one on one)</div><div>10:30 Trip: Lunch Outing</div><div>11:00 Hydration Time (water or Juice)</div><div>2:30 Winter Nature Video</div><div>3:30 Card Games (Uno or Spades)</div></div>	<div><div>20</div><div>10:00 Exercise and weights</div><div>10:30 Facts and Word Games</div><div>11:00 Health Notes</div><div>2:00 Bingo with Prizes</div><div>3:30 TGIF SOCIAL</div><div>6:00 Friday at the Movies</div></div>	<div><div>21</div><div>9:30 Word Search Puzzles</div><div>10:00 Cowboy shows</div><div>11:00 Saturday News (CNN)</div><div>2:00 Hydration Time (water or Juice)</div><div>3:00 Sports Hour time</div></div>
<div><div>22</div><div>9:30 Hampton Christian Church</div><div>10:30 Gospel Sounds Activity room</div><div>1:30 Sunday Matinee</div><div>3:30 Sports Hour (football NFL)</div><div>5:30 Adult Coloring</div></div>	<div><div>23</div><div>10:00 Exercise and weights</div><div>10:30 January Trivia</div><div>11:00 News and Views</div><div>1:30 Bingo with Prizes</div><div>4:00 Travel Video (where are you from?)</div></div>	<div><div>24</div><div>10:00 Brain Exercise with Legacy</div><div>10:30 Coffee, Tea and Pastries</div><div>11:00 Fun with Price is Right</div><div>12:00 At the Movies (residents' choice)</div><div>1:30 Nail Care</div><div>3:30 Library Hour</div></div>	<div><div>25</div><div>10:00 Sports Hour time</div><div>10:15 Fitness and Fun</div><div>11:00 Hydration Time (water or Juice)</div><div>1:30 Bingo with Prizes</div><div>2:30 Hot Cocoa and Cookies</div><div>4:00 Table Games (Uno or Dominoes)</div></div>	<div><div>26</div><div>10:00 Physical Games</div><div>10:30 Door to Door Visits (one on one)</div><div>11:00 Hydration Time (water or Juice)</div><div>2:30 Winter Nature Video</div><div>3:30 Card Games (Uno or Spades)</div></div>	<div><div>27</div><div>10:00 Exercise and weights</div><div>10:30 Facts and Word Games</div><div>11:00 Health Notes</div><div>2:00 Bingo with Prizes</div><div>3:30 TGIF SOCIAL</div><div>6:00 Friday at the Movies</div></div>	<div><div>28</div><div>9:30 Word Search Puzzles</div><div>10:00 Cowboy shows</div><div>11:00 Saturday News (CNN)</div><div>1:30 Trip: Scenic Ride</div><div>2:00 Hydration Time (water or Juice)</div><div>3:00 Sports Hour time</div></div>
<div><div>29</div><div>9:30 Hampton Christian Church</div><div>10:30 Gospel Sounds Activity room</div><div>1:30 Sunday Matinee</div><div>3:30 Sports Hour (football NFL)</div><div>5:30 Adult Coloring</div></div>	<div><div>30</div><div>10:00 Exercise and weights</div><div>10:30 January Trivia</div><div>11:00 News and Views</div><div>1:30 Bingo with Prizes</div><div>4:00 Travel Video (where are you from?)</div></div>	<div><div>31</div><div>10:00 Brain Exercise with Legacy</div><div>10:30 Coffee, Tea and Pastries</div><div>11:00 Fun with Price is Right</div><div>12:00 At the Movies (residents' choice)</div><div>1:30 Nail Care</div><div>3:30 Library Hour</div></div>	<div><div>WELCOME</div><div>January</div><div>2023</div><div>HAPPY NEW YEAR</div></div>	<div><div>MLK Jr. DAY</div><div>I Have a Dream</div></div>	<div><div>Snowflake</div></div>	

January Employee of the Month



Centra Wilson is our employee of the month for January. She has been employed with us for 1 year. When asked what she likes most about working here, she said, "I enjoy listening to residents' stories and jokes. They help make work fun." Centra is a military veteran. She served in the Navy. In her free time, she enjoys spending time with her kids and baking. She has a small business named "Sensational Treats." She specializes in cupcakes and cakes. She is also going to school for business administration with a concentration on Human Resource Management. Her favorite food is pasta. Her dream vacation destination is Fiji.



Frosty Figures

Freshly fallen snow is nature's invitation for kids and kids at heart to build that classic symbol of winter, a snowman.

Though humans have probably been creating frosty figures since prehistoric times, the first known drawing of a snowman was found in a book from the late 1300s. With snow being an abundant and free material, artists in the Middle Ages used it to form detailed statues, and winter festivals showcased these works of art. In 1494, the ruler of Florence, Italy, commissioned a young Michelangelo to sculpt a snowman in his courtyard.

Over time, stacking three balls of snow into a human figure grew into a playful pastime for all. One of the earliest photographs, taken in 1845, was of a snowman. Around the turn of the 20th century, images of jolly snowmen started appearing on greeting cards and magazine covers. Later, they became the stars of many films, books and songs that remain popular today.

After a substantial snowfall, you'll often spot a snowman, decorated with accessories ranging from the traditional to whimsical—carrot nose optional!



Have a Cozy Night In

Why go out when you can stay in and have an evening all to yourself? If you find yourself feeling guilty for saying no to activities and relaxing instead, focus on making your night at home a special one. Dress in your coziest socks and sweats, warm up a soothing beverage, dim the lights, and settle in with a book or feel-good movie for some ultimate me time.



Think Warm Thoughts

Reminiscing about heartwarming memories can actually make us feel warmer. Researchers found that when people focused on remembering a nostalgic event from their lives versus an ordinary memory, they were better able to tolerate the cold and perceived a room's temperature to be higher than it was.



Double Over From Fun

Get to giggling! Jan. 24 is Belly Laugh Day.