



Tips for a Doctor Visit

Get the most from your next doctor's appointment with these helpful tips, based on advice from practicing physicians:

Prepare questions — Whether your visit is for a routine checkup or a specific concern, it's wise to write down any questions you want to ask the doctor. Rank them by priority, so you're sure to address the most pressing issues. Also, it can help to rehearse your questions in advance.

List your medications — At home, review all your medications and write down the names, dosages and other instructions for each one. Include prescriptions, over-the-counter medicines and dietary supplements. Bring the list with you to your appointment.

Bring someone with you — A relative or close friend can help take notes, ask questions and simply offer support.

Arrive early — It's recommended that you arrive about 15 minutes before your appointment time. This gives you a chance to fill out paperwork and complete any other office procedures.

Be honest — Doctors say it's important not to hold back information such as family history and lifestyle habits. This knowledge helps them make a proper diagnosis and prescribe the best treatment.

Military-Made Movies

During World War II, a group of Americans served the nation by combining their specialized talents to form the First Motion Picture Unit, a division of the U.S. Army Air Forces.

The unit was formed in 1942. Recognizing the urgent need for a recruitment film, the commander of the USAAF, Gen. Henry "Hap" Arnold, called upon Jack Warner, the head of Warner Bros. movie studios. Warner and scriptwriter Owen Crump quickly produced "Winning Your Wings," a short film starring actor and USAAF pilot Jimmy Stewart and directed by John Huston. It played in theaters nationwide, prompting more than 150,000 men to sign up for the Army Air Forces.

Staffed by professionals enlisted from the movie industry — actors, directors, screenwriters, animators and more — the FMPU began producing high-quality training films from its base at a Hollywood studio lot. Throughout the war, the unit made more than 400 movies, covering topics such as survival skills and how to recognize enemy aircraft.

Some of the notable members of the FMPU included Clark Gable, William Holden, Alan Ladd and Ronald Reagan.



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FEBRUARY 2019

Activities for Heart Month

American Heart Month has been observed every February since 1964, encouraging people to learn more about heart disease and ways to practice heart-healthy habits. These ideas can help you take charge of your health as well as raise awareness in your community.

Wear red — Sport some crimson clothing on National Wear Red Day, the first Friday in February, to show your support for Heart Month. Consider wearing a red ribbon all month long to spark conversation about heart health.

Know your numbers — Take advantage of blood pressure checks and cholesterol screenings in your community. Record your numbers and work with your doctor to make any needed changes.

Get fit with a friend — Exercise is one of the best ways to help your heart, and it's often more fun with another person. Invite a friend to join you for a walk or to try a new exercise class.

Set a nutritious example — Focus on making heart-healthy foods a regular part of your diet. When others see you choosing options such as fish, whole grains, beans, fruits and veggies, they may be motivated to do the same.

Give back — Participate in health fundraisers and events, such as a 5K or blood drive. Or you could make a donation to the American Heart Association or other organization in honor of Heart Month.

The Power of Pet Therapy

Petting a dog or cuddling a kitty can be a joyful, heartwarming experience. There's evidence those warm, fuzzy feelings have health benefits.

While history shows that animals were used to lift people's spirits as far back as the Middle Ages, little research was done on the subject until the 1960s. After observing the positive effect his dog had on a young patient, American psychologist Boris Levinson began to explore the connection. He coined the term "pet therapy," believing animals could aid people in therapeutic ways.

Studies show that spending time with animals on a regular basis can improve a person's emotional and physical quality of life. Animal therapy programs offer unique opportunities for interaction and socializing with others. Pets supply companionship and affection, which help calm anxiety and increase self-esteem. Walking, grooming and petting animals are physical activities that can improve mobility and motor skills as well as boost energy.

Animal therapy is used in a variety of settings, including senior care centers, hospitals, veterans organizations and schools. Dogs and cats are the most popular therapy animals, but horses, llamas, rabbits, pigs and birds are also among the pets used.



FEBRUARY 2019

Locations

- Activities Room, AR
- Activities Room Hallway, AH
- Court Yard, CY
- Dining Room, DR
- Game Room, GR
- Independent Living Activities Room, IA
- Independent Living Dining Room, IL
- Outing, O
- Patio, P
- Windsor Room, WR

Birthdays

- Nell Bee, 3rd
- Helen Speight, 12th

Transportation Schedule

- Thursday, 11:10 a.m.
Lunch Outings
- Thursday, 2 p.m.
Trip: Scenic Ride
- Sunday, 2 p.m.
Trip: Scenic Ride

“Success is what you do with your ability. It’s how you use your talent.”
—George Allen Sr.

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
9:00 Sunday School, IA ³ 9:30 Bible Scripture Reading, AR 10:30 Gospel Sounds, AR 2:00 <i>Sunday Scenic Ride, O</i> 6:00 Super Bowl Party, IA	10:00 Fitness & Moves, AR ⁴ 10:30 News and Views, AR 11:00 February Word Games, AR 2:00 Bingo w/Prizes, AR 4:00 Table Games and Puzzles, AR	10:00 Physical Games (Golf), AR ⁵ 10:30 Chinese New Year, AR 11:00 Health Talk, AR 1:30 Nail Care (Satin Hands), AR 3:00 <i>Nature Making Hearts, AR</i>	10:00 Chair Exercise, AR ⁶ 10:30 Bible Books and Trivia, AR 2:00 Bingo Bucks, AR 3:15 <i>Art Expression, AR</i> 4:00 Table Games and Puzzles, AR	10:00 Physical Games (Golf), AR ⁷ 10:30 February Reminiscing, AR 11:15 Trip: Lunch Outing, O 1:30 Trip: Scenic Ride, O 3:30 At the Movies (Black History), AR	10:00 Jazzy Exercise, AR ¹ 10:30 Book Club & Chat w/Doughnuts, AR 11:00 <i>Art Expression (Winter Scene), AR</i> 2:00 <i>Bingo w/Prizes, AR</i> 3:30 TGIF Social w/ Trivia, AR 6:00 Friday at the Movies, AR	GROUNDHOG DAY ² 10:00 Coupons Picking, AR 11:00 Individual Adult Coloring 2:00 <i>At the Movies w/ Snacks, AR</i> 3:00 Table Games Checkers/Board Game, AR
9:00 Sunday School, IA ¹⁰ 9:30 Bible Scripture Reading, AR 10:30 Gospel Sounds, AR 2:00 <i>Sunday Scenic Ride, O</i> 6:45 Individual Art for the Heart, AR	10:00 Fitness & Moves, AR ¹¹ 11:00 February Word Games, AR 2:00 Bingo w/Prizes, AR 3:00 Ice Cream Cup Social, AR 4:00 Table Games and Puzzles, AR	10:00 Hot Cocoa and Reminiscing, AR ¹² 10:30 Black History Word Games, AR 11:00 Health Talk, AR 1:30 Nail Care (Satin Hands), AR 3:30 <i>Art Expression, AR</i>	10:00 Chair Exercise, AR ¹³ 11:00 <i>Bible Books and Trivia, AR</i> 2:00 Bingo Bucks, AR 3:15 Nature Crafts, AR 4:00 Table Games and Puzzles, AR	VALENTINE'S DAY ¹⁴ 10:00 Inside Walking, AH 10:30 Valentine's Fun & Trivia 11:15 Trip: Lunch Outing, O 2:00 Valentine's Party, IL 3:30 At the Movies (Black History), AR	10:00 Jazzy Exercise, AR ⁸ 10:30 Book Club & Chat w/Doughnuts, AR 11:00 Opera Music Day, AR 2:00 <i>Bingo w/Prizes, AR</i> 3:00 Cupcake Ice Cream Social, AR 6:00 Friday at the Movies, AR	10:00 Coupons Picking, AR ⁹ 11:00 Individual Adult Coloring 2:00 <i>At the Movies w/ Snacks, AR</i> 3:00 Table Games Checkers/Board Game, AR
9:00 Sunday School, IA ¹⁷ 9:30 Bible Scripture Reading, AR 10:30 Gospel Sounds, AR 2:00 <i>Sunday Scenic Ride, O</i> 6:45 Individual Art for the Heart, AR	PRESIDENTS DAY ¹⁸ 10:00 Fitness & Moves, AR 10:30 News and Views, AR 11:00 Presidents Day, AR 2:00 Bingo w/Prizes, AR 3:30 Wine and Cheese Day, AR 4:00 Table Games and Puzzles, AR	10:00 Physical Games (Golf), AR ¹⁹ 10:30 Black History Trivia 11:00 Health Talk, AR 1:30 Nail Care (Satin Hands), AR 3:30 Tables and Puzzles, AR	10:00 Chair Exercise, AR ²⁰ 10:30 <i>Art Expression (Winter Scene), AR</i> 2:00 Bingo Bucks, AR 4:00 Table Games and Puzzles, AR	10:00 Physical Games (Golf), AR ²¹ 10:30 <i>Nature Video, AR</i> 11:15 Trip: Lunch Outing, O 1:30 Trip: Scenic Ride, O 2:00 <i>Yoga w/Tina, AR</i> 6:00 Lunar New Year Main Event	10:00 Jazzy Exercise, AR ²² 10:30 Book Club & Chat w/Doughnuts, AR 11:00 George's Washington Birthday, AR 2:00 <i>Bingo w/Prizes, AR</i> 6:00 Friday at the Movies, AR	10:00 Coupons Picking, AR ²³ 11:00 Individual Adult Coloring 2:00 <i>At the Movies w/ Snacks, AR</i> 3:00 Table Games Checkers/Board Game, AR
9:00 Sunday School, IA ²⁴ 9:30 Bible Scripture Reading, AR 10:30 Gospel Sounds, AR 2:00 <i>Sunday Scenic Ride, O</i> 6:45 Individual Art for the Heart, AR	10:00 Fitness & Moves, AR ²⁵ 10:30 News and Views, AR 11:00 February Word Games, AR 2:00 Bingo w/Prizes, AR 4:00 Table Games and Puzzles, AR	10:00 Resident Council Meeting, AR ²⁶ 11:00 Health Talk, AR 1:30 Nail Care (Satin Hands), AR 2:00 Birthday Celebrations of the Month, IL 3:30 Black History Documentary, AR	10:00 Chair Exercise, AR ²⁷ 10:30 <i>Tea Time and Coffee, AR</i> 11:00 <i>Bible Books and Trivia, AR</i> 1:30 Singalong Time, AR 2:00 Bingo Bucks, AR 3:15 Nature Crafts, AR	10:00 Inside Walking, AH ²⁸ 10:30 Physical Games (Ring Toss), AR 11:15 Trip: Lunch Outing, O 1:30 Trip: Scenic Ride, O 3:30 At the Movies (Black History), AR		