

# The Devonshire *Lifestyle*



Like Us!



Assisted Living Community

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## Celebrating Black History Month

Each February, America observes Black History Month. This tribute to African Americans who have made an impact on the U.S. and the world was born from one man's call to action.

Historian and author Carter G. Woodson wanted the contributions of heroic Black men and women who helped shape the nation and its culture to be recognized and celebrated. In 1926, he created a weeklong event to promote Black history, and chose the second week in February because it included the birthdays of abolitionist Frederick Douglass and President Abraham Lincoln. Fifty years later, after decades of support, the event expanded to Black History Month, a national observance, as part of the country's bicentennial. When President Gerald Ford signed the proclamation, he urged everyone to join in the "tribute to Black History Month and the message of courage and perseverance it brings to all of us."

For his efforts, Woodson has been called the father of Black history.

## A Presidential Month

Two of America's most famous leaders, first President George Washington and 16th President Abraham Lincoln, were born in February, contributing to the establishment of Presidents Day. The federal holiday on the third Monday of the month celebrates all U.S. presidents. Two other chief executives were also born in February: William Henry Harrison and Ronald Reagan.



## FEBRUARY 2023

## A Note From Our Executive Director



Hello, and welcome to February! We have plenty of fun activities planned this month. The special event this month is our Valentine's Ball on February 10th. We will have entertainment by Billy Mitchell. We can't wait to see everyone all dressed up! Please let me know if you have any questions or ideas to share!

## Stay Sunny on the Inside

Wintertime is the season for citrus. And if the weather outside is frightful, an orange, clementine or grapefruit can put you in a sunshine state of mind. Citrus fruits are famous for their supply of immune-boosting vitamin C, and simply smelling their scents has been shown to be energizing.

## 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.





FEBRUARY

2023

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

Birthday

Neil Bee 02/03

Sweet Pseudonyms

If you’ve ever purchased Girl Scout Cookies, you may have noticed some name variations among the boxed treats. Depending on where you live, Samoas are sometimes called Caramel deLites, Tagalongs are also known as Peanut Butter Patties, and Trefoils may be sold as Shortbread. Because two different baking companies produce the cookies, many of them have a double identity and vary slightly in the way they look and taste.

“True friends are like diamonds—bright, beautiful, valuable and always in style.”  
—Nicole Richie

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<div>1</div> <div>10:00 <b>Speaker Dr. Sydnor on Black History</b></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>2</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><b>1:30 Trip: Barnes and Noble</b></div> <div>2:30 Winter Nature Video</div> <div>3:00 Dominoes Club</div>	<div>3</div> <div>10:00 Exercise and weights</div> <div>10:30 Facts and Word Games</div> <div><b>11:00 Health Notes</b></div> <div>2:00 Bingo with Prizes</div> <div>3:30 Table Games</div> <div>6:00 Friday at the Movies</div>	<div>4</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>5</div> <div><b>9:30 Hampton Christian Church</b></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>6</div> <div>10:00 Exercise and weights</div> <div>10:30 Family Feud</div> <div>11:00 News and Views</div> <div>1:30 Bingo with Prizes</div> <div><b>2:30 Black History video</b></div> <div>5:00 News at 5:00pm</div>	<div>7</div> <div><b>10:00 Brain Exercise with Legacy</b></div> <div>10:30 Coffee, Tea and Pastries</div> <div>11:00 Fun with Price is Right</div> <div>1:30 Nail Care</div> <div>2:00 At the Movies (residents' choice)</div> <div>3:30 Library Hour</div>	<div>8</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>9</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>3:00 Dominoes Club</div>	<div>10</div> <div>10:00 Exercise and weights</div> <div>10:30 Facts and Word Games</div> <div><b>11:00 Health Notes</b></div> <div><b>2:00 Valentine's Party Special with Billy Mitchell</b></div> <div>3:30 Table Games</div> <div>6:00 Friday at the Movies</div>	<div>11</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>12</div> <div><b>9:30 Hampton Christian Church</b></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><b>6:30 Super Bowl Game</b></div>	<div>13</div> <div>10:00 Exercise and weights</div> <div>10:30 Family Feud Game</div> <div>11:00 News and Views</div> <div>1:30 Bingo with Prizes</div> <div><b>2:30 Black History video</b></div> <div><b>5:00 News at 5:00pm</b></div>	<div>14</div> <div><b>10:00 Brain Exercise with Legacy</b></div> <div>10:30 Coffee, Tea and Pastries</div> <div>11:00 Fun with Price is Right</div> <div>1:30 Nail Care</div> <div><b>1:30 Valentine's Party Social</b></div> <div>2:00 At the Movies (residents' choice)</div> <div>3:30 Library Hour</div>	<div>15</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>16</div> <div>10:00 Physical Games</div> <div>10:30 Door to Door Visits (one on one)</div> <div><b>10:30 Trip: Lunch Outing</b></div> <div>11:00 Hydration Time (water or Juice)</div> <div>2:30 Winter Nature Video</div> <div>3:00 Dominoes Club</div>	<div>17</div> <div>10:00 Exercise and weights</div> <div>10:30 Facts and Word Games</div> <div><b>11:00 Health Notes</b></div> <div>2:00 Bingo with Prizes</div> <div>3:30 Table Games</div> <div>6:00 Friday at the Movies</div>	<div>18</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>19</div> <div><b>9:30 Hampton Christian Church</b></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>20</div> <div><b>Presidents Day</b></div> <div>10:00 Exercise and weights</div> <div>10:30 Family Feud Game</div> <div>11:00 News and Views</div> <div><b>11:30 Valentine's Beauty Day</b></div> <div>1:30 Bingo with Prizes</div> <div><b>2:30 Black History video</b></div> <div><b>5:00 News at 5:00pm</b></div>	<div>21</div> <div><b>10:00 Brain Exercise with Legacy</b></div> <div>10:30 Coffee, Tea and Pastries</div> <div>11:00 Fun with Price is Right</div> <div>1:30 Nail Care</div> <div>2:00 At the Movies (residents' choice)</div> <div><b>2:00 Mardi Gras</b></div> <div>3:30 Library Hour</div>	<div>22</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>23</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>3:00 Dominoes Club</div>	<div>24</div> <div>10:00 Exercise and weights</div> <div>10:30 Facts and Word Games</div> <div><b>11:00 Health Notes</b></div> <div>2:00 Bingo with Prizes</div> <div>3:30 Table Games</div> <div>6:00 Friday at the Movies</div>	<div>25</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>26</div> <div><b>9:30 Hampton Christian Church</b></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>27</div> <div>10:00 Exercise and weights</div> <div>10:30 Family Feud Game</div> <div>11:00 News and Views</div> <div>1:30 Bingo with Prizes</div> <div><b>2:30 Black History video</b></div> <div><b>5:00 News at 5:00pm</b></div>	<div>28</div> <div><b>10:00 Brain Exercise with Legacy</b></div> <div>10:30 Coffee, Tea and Pastries</div> <div>11:00 Fun with Price is Right</div> <div>1:30 Nail Care</div> <div>2:00 At the Movies (residents' choice)</div> <div>3:30 Library Hour</div>				



## February Employee of the Month



Our February employee of the month is Paul Pitzer. Paul has been employed at The Devonshire for 28 years. He enjoys learning about the history of our residents. He is married and has 2 daughters. He enjoys hot dogs, reading about history, werewolves, and dogs. He served 20 years in the Air Force. Sometime in the future he would like to visit Canada.

## Watch Your Step

With winter in full force, we want to remind everyone to be careful when you're out and about. Slick spots are inevitable, so please watch your step outside and in the entryways.

## Hot Chocolate History

Warming up with a mug of hot chocolate is a sweet and simple winter ritual. We have the Indigenous peoples of Mexico and Central America to thank for coming up with the concept of grinding cocoa beans into a rich, foamy beverage. The original version was a lot different from what we enjoy today, though; for starters, their drink was served cold! But you can still raise a toast to tradition by adding in a complementary warmth with ground cayenne pepper, one of the key ingredients in Mexican hot chocolate.



## Memorable Melody: 'Roses Are Red (My Love)'

One of 1962's most popular songs, this ballad about young romance was the first No. 1 hit for Bobby Vinton as a solo crooner. He quickly became a teen idol after fans fell in love with the soft, dreamy tune about high school sweethearts and the words of a sentimental poem signed in a yearbook. The record went on to top the music charts across the globe, including Canada, Australia, Norway and South Africa.



## Remember When: 'The Dating Game'

Going on TV to find love is not a new concept. The hit show "The Dating Game" introduced the idea when it first premiered in 1965. A bachelorette or bachelor would question three potential dates who were hidden from view, which meant they had to outshine and out-flirt each other with their answers. Tom Selleck, Farrah Fawcett and many other future stars appeared as contestants. Each show ended with host Jim Lange and the winning couples blowing a kiss to the audience.