

# The Devonshire

## Lifestyle



Like Us!



Assisted Living Community

2220 Executive Drive • Hampton, VA 23666 • (757) 827-7100 • [www.devonshireseniorliving.com](http://www.devonshireseniorliving.com)

## 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.



## Valentine's Day Treat

Conversation hearts, also known as candy hearts or Sweethearts, date back to the late 1800s when Oliver Chase and his brother Daniel created the sugary treats. They used vegetable dye to print words on what were originally scallop-shaped confections. Phrases were much longer then, with sayings such as "Married in white, you have chosen right" and "How long shall I have to wait? Please be considerate." In 1902, the famous heart shape appeared and simpler prints came out, like the familiar "Be Mine" or "Kiss Me."



## FEBRUARY 2024

## A Note From Our Executive Director

Sherreek comes to The Devonshire with over eight years of experience in the medical care and senior living industry. He has been in the army reserves for four years and enjoys hiking, running and playing the drums at his local church in his spare time.



Sherreek has his Bachelor of Science in Business Administration, Master's Degree in Health Services Administration at Strayer University and is currently working toward completion of his doctorate degree with Liberty University. Sherreek is a licensed ALF administrator and a Court Appointed Special Advocate for Hampton Roads and surrounding areas. He looks forward to working with the amazing team members at The Devonshire, ensuring that the residents of the community have an experience that exceeds their expectations every day, and also working with our wonderful team members in providing the highest quality care possible to our residents.

Sherreek can be reached at  
[ED.devonshire@tarantino.com](mailto:ED.devonshire@tarantino.com) or Phone:  
(757)316-7053.

## Honoring Black History

February is Black History Month, a time to reflect on the achievements of African Americans who helped shape our great nation. These heroes will be the focus of several events this month, so check the calendar and be sure to join us.

FEBRUARY

2024

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

Neil Bee	02/03
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Get Up and  
Get Going!

Falling, literally and figuratively, is a hurdle that is hard to get over. The Get Up Campaign was launched by the U.S. Figure Skating organization in 2017 to identify the courage, passion and determination that is needed to get back up, not only in the rink, but also in life. Celebrate National Get Up Day on Feb. 1 by starting a new project, going back to one that you may have given up on, or inspiring others to keep going.

“Connecting our hearts through love yields a nectar so sweet we are forever full.”  
—Amy Leigh Mercree

Activities Subject to Change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<div>1</div> <div>10:00 Black History Documentary</div> <div>10:30 Trip: Walmart</div> <div>11:00 Individual inside Walking</div> <div>2:00 At the Movies (Groundhog Day)</div> <div>3:00 Table Games (UNO or Cards)</div>	<div>2</div> <div>10:00 Exercise and Weights</div> <div>11:00 Health Notes</div> <div>1:30 Bingo with Prizes</div> <div>3:00 Happy Hour with refreshment</div> <div>6:00 Friday at the Movies (Residents' Choice)</div>	<div>3</div> <div>9:30 Word Search Puzzles</div> <div>10:00 Trip: Scenic Ride</div> <div>11:00 Saturday News (CNN)</div> <div>1:30 Social Hour Drinks</div> <div>2:00 Hydration Time (Water or Juice)</div> <div>3:00 Sports Hour Time</div>
<div>4</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)</div> <div>5:30 Adult Coloring</div>	<div>5</div> <div>10:00 Chair Exercise</div> <div>10:30 Keep Minds Alert</div> <div>11:00 Things in February 2024</div> <div>1:30 Bingo with Prizes</div> <div>2:00 Black History video</div> <div>5:00 News at 5:00pm</div>	<div>6</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>2:00 Nature Winter Video</div> <div>2:30 Nail Care</div> <div>3:30 Puzzle and Table Games</div>	<div>7</div> <div>10:15 Exercise and Weights</div> <div>10:30 Spiritual Reading and Bible Trivia</div> <div>1:30 Bingo with Prizes</div> <div>2:30 Hot Cocoa Social and Cookies</div> <div>4:00 Dominoes Club and Puzzles</div>	<div>8</div> <div>10:00 Black History Documentary</div> <div>11:00 Individual inside Walking</div> <div>3:00 Table Games (UNO or Cards)</div> <div>5:00 Special Event (Valentine's Party)</div>	<div>9</div> <div>10:00 Exercise and Weights</div> <div>11:00 Trip: Lunch Outing (Olive Garden)</div> <div>1:30 Bingo with Prizes</div> <div>3:00 Happy Hour with refreshment</div> <div>6:00 Friday at the Movies (Residents' Choice)</div>	<div>10</div> <div>9:30 Word Search Puzzles</div> <div>10:00 Cowboy Shows</div> <div>11:00 Saturday News (CNN)</div> <div>1:30 Art and Crafts</div> <div>2:00 Hydration Time (Water or Juice)</div> <div>3:00 Sports Hour Time</div>
<div>11</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)</div> <div>5:30 Adult Coloring</div>	<div>12</div> <div>10:00 Chair Exercise</div> <div>10:30 Keep Minds Alert</div> <div>11:00 Things in February 2024</div> <div>1:30 Bingo with Prizes</div> <div>2:00 Black History video</div> <div>5:00 News at 5:00pm</div>	<div>13</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>2:00 Nature Winter Video</div> <div>2:30 Nail Care</div> <div>3:30 Puzzle and Table Games</div>	<div>14</div> <div>VALENTINE'S DAY</div> <div>10:15 Exercise and Weights</div> <div>10:30 Spiritual Reading and Bible Trivia</div> <div>1:30 Bingo with Prizes</div> <div>2:30 Valentine's Social</div> <div>4:00 Dominoes Club and Puzzles</div>	<div>15</div> <div>10:00 Trip: Barnes &amp; Noble</div> <div>10:30 Black History Documentary</div> <div>11:00 Individual inside Walking</div> <div>2:00 Would you rather Games?</div> <div>3:00 Table Games (UNO or Cards)</div>	<div>16</div> <div>10:00 Exercise and Weights</div> <div>11:00 Health Notes</div> <div>1:30 Bingo with Prizes</div> <div>3:00 Happy Hour with refreshment</div> <div>6:00 Friday at the Movies (Residents' Choice)</div>	<div>17</div> <div>9:30 Word Search Puzzles</div> <div>10:00 Cowboy Shows</div> <div>11:00 Saturday News (CNN)</div> <div>1:30 Bingo with Devonne</div> <div>2:00 Hydration Time (Water or Juice)</div> <div>3:00 Sports Hour Time</div>
<div>18</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)</div> <div>5:30 Adult Coloring</div>	<div>19</div> <div>Presidents Day</div> <div>10:00 Chair Exercise</div> <div>10:30 Keep Minds Alert</div> <div>2:00 Black History video</div> <div>3:00 Cookies &amp; juice</div> <div>5:00 News at 5:00pm</div>	<div>20</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>2:00 Nature Winter Video</div> <div>2:30 Nail Care</div> <div>3:30 Puzzle and Table Games</div>	<div>21</div> <div>10:15 Exercise and Weights</div> <div>10:30 Spiritual Reading and Bible Trivia</div> <div>1:30 Bingo with Prizes</div> <div>2:30 Hot Cocoa Social and Cookies</div> <div>4:00 Dominoes Club and Puzzles</div>	<div>22</div> <div>10:00 Black History Documentary</div> <div>11:00 Individual inside Walking</div> <div>1:30 Presentation with AXIS Medical Center</div> <div>2:30 Would you rather Games?</div> <div>3:00 Table Games (UNO or Cards)</div>	<div>23</div> <div>10:00 Exercise and Weights</div> <div>11:00 Health Notes</div> <div>1:30 Bingo with Prizes</div> <div>3:00 Happy Hour with refreshment</div> <div>6:00 Friday at the Movies (Residents' Choice)</div>	<div>24</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>25</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)</div> <div>5:30 Adult Coloring</div>	<div>26</div> <div>10:00 Chair Exercise</div> <div>10:30 Keep Minds Alert</div> <div>11:00 Things in February 2024</div> <div>1:30 Bingo with Prizes</div> <div>2:00 Black History video</div> <div>5:00 News at 5:00pm</div>	<div>27</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>2:00 Nature Winter Video</div> <div>2:30 Nail Care</div> <div>3:30 Puzzle and Table Games</div> <div>6:00 Church Service</div>	<div>28</div> <div>10:15 Exercise and Weights</div> <div>10:30 Spiritual Reading and Bible Trivia</div> <div>1:30 Bingo with Prizes</div> <div>2:30 Hot Cocoa Social and Cookies</div> <div>4:00 Dominoes Club and Puzzles</div>	<div>29</div> <div>10:00 Individual inside Walking</div> <div>10:30 Would you rather Games?</div> <div>11:00 Trip: Lunch Outing: PF CHANG'S</div> <div>2:00 Birthdays' Celebration of the Month</div> <div>3:00 Table Games (UNO or Cards)</div>		

## February Employee of the Month

Our Employee of the Month for February is Deyanis McCoy. She is our Administrative Assistant. She has been working here for four months. She really loves our residents; they are like family to her. Deyanis enjoys spending time with her husband and kids. She likes to do DIY projects, such as refurbishing furniture, baskets and clothing. She also enjoys painting, spending time outdoors, going to parks, beaches and loves the water. Her favorite type of food is seafood; she really likes seafood boils. Deyanis likes to vacation in New York, which is her home town. In the future, she would like to travel to visit Japan, Dubai, and many of the Tropical Islands.



## We Heart Caregivers!

To honor the health care professionals, family members and friends who provide needed help and support, we celebrate National Caregivers Day on the third Friday of February.

## Girl Scout Cookies

Who doesn't love Girl Scout Cookies? It's that time of year again, and colorful boxes of the tasty treats will be showcased at booths in and around our community. Please support our local troops by buying a box—or two or three!



## Brain Bender: Window Words

Helen woke up one morning to discover that it had snowed overnight, leaving her window frosted over with condensation. Using her finger, she wrote the word "SNOWING" on the window. She then crossed out the letter "N" to create the word "SOWING." She continued crossing out one letter at a time, creating a new word each time. Finally, she had a one-letter word remaining. Can you determine the words Helen made, and in what order?  
(Answer: Snowing, sowing, swing, wing, win, in, I. Or: Snowing, sowing, owing, wing, win, in, I.)

## A Groundhog's Nap

Before he emerges from his burrow to predict the arrival of spring, America's most famous groundhog, Punxsutawney Phil, spends the winter in a deep snooze. During the mammal's annual hibernation, its body temperature drops from 99 to 37 degrees, and its heart rate slows from 80 to about five beats per minute.



## Super Bowl Party

It's Super Bowl time! Which team are you rooting for? Or are you cheering for the commercials, or just looking for the chips and dip? Whatever draws you to the big game, join us for football, food and fun during our Super Bowl party!



## Seasonal Safeguard

Coughing and sneezing can spread germs up to 6 feet away. Be sure to cover a cough or sneeze with a tissue. If you don't have one handy, use your upper arm or sleeve.