

Hooked on Fish and Chips

An iconic meal throughout the U.K., fish and chips has also grown in popularity in the U.S.

This simple duo features battered, deep-fried fish fillets, along with thick-cut potato slices, or chips, which are similar to American steak fries. The earliest record of this culinary combination being served to the public dates back to the 1860s in England.

At that time, advances in commercial fishing made fish cheaper and more available. Trains could quickly transport the catches across the U.K. Fish and chip shops—called “chippies” in British slang or “chippers” by the Irish—sprang up to sell the meal, served hot and fresh in paper cone wrappers. These shops are still popular, and an order of fish and chips to go is a staple for many. It’s such a comfort food, some have called fish and chips England’s national dish.

In the U.K., cod and haddock are the most common fish for the meal, and the traditional condiments are salt and malt vinegar. U.S. menus tend to offer cod, halibut or a regional fish, along with some tartar sauce.

America’s Wartime Code Breakers

During World War II, thousands of courageous women from across the country moved to Washington, D.C., to take on top-secret jobs, vital in helping the Allies to victory. They served as code breakers for the U.S. Army and Navy.

At that time, the field of intelligence was only in its early stages, and men were needed to serve overseas. So, the military recruited more than 10,000 of the nation’s brightest female college graduates in math, science and languages to work as cryptographers, trained to crack messages relayed by the Axis powers. The women were sworn to secrecy and told their families they were doing secretarial work.

Their jobs were difficult and tedious, and at times emotionally demanding since they were helping to protect American troops. Using massive code-breaking machines, the code breakers cracked many cryptic, ever-changing communication systems used by the Japanese and German military. They provided vital information to commanders in both the European and Pacific theaters.

Because of the secrecy of the work, the women never expected to receive public recognition for their achievements. The details of their mission were declassified in the 1990s.

The women initially worked as civilians, but later were accepted into the Army as WACs, the Women’s Auxiliary Corps, and into the Navy as WAVES, Women Accepted for Volunteer Emergency Service. Some went on to hold high-ranking positions in the military.



The Devonshire

Lifestyle



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

MARCH 2021

Embrace an Optimistic Outlook

Optimism is good for you! People who are optimists tend to be happier and healthier, says the research. Here are some ways you can make positivity a habit.

Choose a motivational phrase — Whether a line from a favorite song, a meaningful quote, or a goal you want to achieve, turn to inspiring words when you need a pick-me-up.

Spend time with upbeat people — We tend to act like those we’re surrounded by the most, so as much as possible, spend time with cheerful, kind people rather than folks who complain or gossip. Being around negative attitudes can cause you to take on a negative mindset.

Assume the best — Give people the benefit of the doubt, and forgive them for their faults, even if they let you down. Do this for yourself, too!

Focus on solutions — When you encounter a problem, avoid playing the blame game or dwelling on how you could have done things differently. That doesn’t solve anything, and can make you and others feel worse. Instead, figure out how you can help right now.

Practice gratitude — Before you go to bed, think about three good things that happened that day. Writing them down in a journal and reading through them later will remind you of things to be grateful for and boost your hopeful thinking.

America’s Song

It was from a ship in Baltimore Harbor during the War of 1812 that lawyer Francis Scott Key wrote a stirring poem. Its words would then become the lyrics to America’s national anthem.

Key witnessed the daylong Battle of Baltimore while being held prisoner aboard a British warship. At daybreak on Sept. 14, 1814, he saw that the large American flag was still flying over Fort McHenry, announcing victory over Great Britain. Moved by the sight, Key took an envelope from his pocket and began to draft a poem, which he titled “Defence of Fort McHenry.” It would eventually be published in handbills and newspapers. Key set his patriotic poem to the tune of a popular drinking song, and soon it was being called “The Star-Spangled Banner.”

By 1889, the U.S. Navy began playing Key’s work at official occasions, and President Woodrow Wilson made the song part of his public appearances beginning in 1916. On March 3, 1931, a resolution by Congress, signed by President Herbert Hoover, declared the song America’s national anthem.

Today, along with official functions and patriotic holidays, it’s common for the national anthem to be performed before sporting events, a tradition that began at baseball games during World War II.



MARCH 2021

Locations

- Activities Room, AR
- Activities Room Hallway, AH
- Courtyard, 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

- Glen Moyer, 12th
- Jessie McLean, 16th

Country Store

Tuesday & Thursday
11 a.m.-Noon

“Never, ever underestimate the importance of having fun.”
—Randy Pausch

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	10:00 Door to Door Check w/Weekly Update 10:30 Fitness and Fun, AH 11:00 Devonshire News w/Hydration, AR 1:30 Bingo w/Prizes, AH 2:30 At the Movies (Women in History), AR 3:00 Peanut Butter Lovers Day (Cookies)	10:00 Coffee & Tea w/Pastries 10:30 March Trivia and Word Games, DR 1:30 Nail Care, AR 3:30 Library Books	10:00 Spiritual Reading, AR 10:30 Exercise and Weights, AR 11:00 Caregiver Appreciation Day (Making Cards), AR 1:30 Bingo w/Prizes, AH 3:00 Cookies and Cream, AR 3:15 Nature & Art, AR	10:00 Physical Games (Ball Toss), AR 10:30 Guess Who? Women in History, AR 11:00 Price Is Right w/Hot Apple Cider, AR 2:00 Craft Painting w/Nature, AR 3:30 Chips and Dip	10:00 Door-to-Door Trivia & word Games 10:30 Fitness and Fun, AR 11:00 Individual Art Work and Word Search, AR 1:30 Bingo w/Prizes, AH 3:00 TGIF Social, AR	10:00 Individual Word Finding and Crossword Puzzle 11:00 Individual Adult Coloring 2:30 At Movies w/Sugar Cookies, AR
9:30 TV Sunday Service, AR 10:30 Gospel Sounds in Residents' Rooms 2:00 <i>Sunday Matinee, AR</i> 5:00 Individual Art	10:00 Door to Door Check w/Weekly Update 10:30 Fitness and Fun, AH 11:00 Devonshire News w/Hydration, AR 1:30 Bingo w/Prizes, AH 2:30 At the Movies (Women in History), AR 3:00 Hot Spice Tea w/ Cracker, AR 3:30 Nature Video (Birds), AR	10:00 Coffee & Tea w/Pastries 1:30 Nail Care, AR 2:30 Baking Cookies w/Hot Cocoa, AR 3:30 Library Books	10:00 Spiritual Reading, AR 10:30 Exercise and Weights, AR 1:30 Bingo w/Prizes, AH 2:30 Irish-American Music w/Drinks, AR 3:00 Cookies and Cream, AR 3:30 Outside w/Nature, CY	10:00 Physical Games (Ball Toss), AR 10:30 Guess Who? Women in History, AR 11:00 Price Is Right w/Hot Apple Cider, AR 2:00 Rain Forest Events, AR 3:30 Chips and Dip	10:00 Door-to-Door Trivia & word Games 10:30 Fitness and Fun, AR 1:30 Bingo w/Prizes, AH 3:00 TGIF Social, AR 3:30 Card Games, AR	10:00 Individual Word Finding and Crossword Puzzle 11:00 Individual Adult Coloring 2:30 At Movies w/Sugar Cookies, AR
DAYLIGHT SAVING TIME BEGINS 9:30 TV Sunday Service, AR 10:30 Gospel Sounds in Residents' Rooms 2:00 <i>Sunday Matinee, AR</i> 5:00 Individual Art	10:00 Door to Door Check w/Weekly Update 10:30 Fitness and Fun, AH 11:00 Devonshire News w/Hydration, AR 1:30 Bingo w/Prizes, AH 2:30 At the Movies (Women in History), AR 3:00 Hot Spice Tea w/ Cracker, AR	10:00 Coffee & Tea w/Pastries 11:00 Physical Game: Bean Bag Toss, AH 1:30 Nail Care, AR 3:30 Library Books	ST. PATRICK'S DAY 10:00 Spiritual Reading, AR 10:30 Exercise and Weights, AR 1:30 Bingo w/Prizes, AH 2:00 St. Patrick's Day Celebration, AR 3:00 Cookies and Cream, AR 3:15 Nature & Art, AR	10:00 Physical Games (Ball Toss), AR 10:30 Library Hour 10:30 Guess Who? Women in History, AR 11:00 Price Is Right w/Hot Apple Cider, AR 3:30 Chips and Dip	10:00 Door-to-Door Trivia & word Games 10:30 Fitness and Fun, AR 11:00 News & Views, AR 1:30 Bingo w/Prizes, AH 3:00 TGIF Social, AR	FIRST DAY OF SPRING 10:00 Individual Word Finding and Crossword Puzzle 11:00 Individual Adult Coloring 2:30 At Movies w/Sugar Cookies, AR
9:30 TV Sunday Service, AR 10:30 Gospel Sounds in Residents' Rooms 2:00 <i>Sunday Matinee, AR</i> 5:00 Individual Art	10:00 Door to Door Check w/Weekly Update 10:30 Fitness and Fun, AH 11:00 Things in History Today, AH 1:30 Bingo w/Prizes, AH 2:30 At the Movies (Women in History), AR 3:00 Hot Spice Tea w/ Cracker, AR	10:00 Coffee & Tea w/Pastries 12:30 Residents' Council Meeting, AR 1:30 Nail Care, AR 2:00 Women in Action (Women in History), AR 3:30 Library Books	10:00 Spiritual Reading, AR 10:30 Exercise and Weights, AR 1:30 Bingo w/Prizes, AH 3:00 Refreshing Fresh Fruit Cups and Cookies, AH 3:00 Cookies and Cream, AR	10:00 Physical Games (Ball Toss), AR 10:30 Guess Who? Women in History, AR 11:00 Price Is Right w/Hot Apple Cider, AR 1:30 All About Nature, AR 3:30 Chips and Dip	10:00 Door-to-Door Trivia & word Games 10:30 Fitness and Fun, AR 11:00 Outside w/Ring Toss, CY 1:30 Bingo w/Prizes, AH 3:00 TGIF Social, AR 3:30 Word Search Puzzle, AR	10:00 Individual Word Finding and Crossword Puzzle 11:00 Individual Adult Coloring 2:30 At Movies w/Sugar Cookies, AR
9:30 TV Sunday Service, AR 10:30 Gospel Sounds in Residents' Rooms 2:00 <i>Sunday Matinee, AR</i> 5:00 Individual Art	10:00 Door to Door Check w/Weekly Update 10:30 Fitness and Fun, AH 11:00 Devonshire News w/Hydration, AR 1:30 Bingo w/Prizes, AH 2:30 At the Movies (Women in History), AR 3:00 Hot Spice Tea w/ Cracker, AR	10:00 Coffee & Tea w/Pastries 11:00 Devonshire: The Price Is Right, AR 1:30 Nail Care, AR 2:00 Women: Documentary, AR 2:30 Making Nature Crafts, AR 3:30 Library Books	10:00 Spiritual Reading, AR 10:30 Exercise and Weights, AR 11:00 Trivia Plus and Women Word Games, AR 1:30 Bingo w/Prizes, AH 3:00 Cookies and Cream, AR	