

Sharing Nutrition Knowledge

While many of us enjoy eating, food can be a confusing topic. New data and scientific studies are constantly emerging, changing views about sugar, fat, portion sizes, and much more. Luckily, there are professionals who interpret that nutritional information, explain it and prescribe advice in a way that’s easy to digest—dietitians.

Registered dietitians and registered dietitian nutritionists have completed a degree and training in the field of nutrition and dietetics, as well as passed a national exam. Many RDs and RDNs go on to earn advanced certifications in specialized fields, such as sports, oncology or gerontological nutrition.

Many people consult a dietitian in order to develop a personalized eating plan. Rather than prescribing a one-size-fits-all strategy, dietitians recognize that each person has different nutritional needs and goals based on overall health, genetics, exercise and eating habits, and other factors. They can also provide advice to help manage conditions like high cholesterol, high blood pressure, diabetes, and food allergies or sensitivities.

Emblems of the Emerald Isle

Everybody’s Irish on St. Patrick’s Day, so put on some green and learn about Ireland’s most iconic symbols.

Shamrock: This lush green clover grows abundantly throughout the island. Ancient Celts believed its three leaves represented faith, hope and love. The similar but hard-to-find four-leaf clover includes an additional aspect: luck.

Celtic harp: The medieval triangular harp was played at the courts of kings and chieftains. Now the Irish national emblem, the Celtic harp can be found on everything from coins to official documents.

Claddagh ring: Often worn as an engagement or wedding ring, this piece of jewelry dates back hundreds of years. The story goes that a 16th-century fisherman from the village of Claddagh was kidnapped and forced to work as a goldsmith’s apprentice. While learning the trade, he designed a ring of two hands holding a crowned heart, signifying friendship, love and loyalty.

March Employee of the Month

Pearl Brooks is our March Employee of the Month. She works part time as a concierge and has been working for us for three months.

Pearl likes working with people on all levels, but especially elders; she truly appreciates the wisdom she receives from them. She likes to make sure their needs are met on any level that she is able to help on. On her days off she enjoys meditation, reading the Bible daily, listening to gospel music, and oldies and goodies from the ’70s and ’80s. She likes eating healthy, staying in shape by exercising, walking, and going to the gym. She also enjoys going to the beach on a nice day, relaxing and watching the ocean waves and the birds and just enjoying the moment of life. Her favorite food is lasagna.

Pearl wanted to say that since she has been employed here at The Devonshire, she has received a nice welcome from the managers, staff and the residents. And she wanted to say “Thank you” for having me here as an employee. She looks forward to many more days in this beautiful Community!



The Devonshire Lifestyle



Assisted Living Community
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MARCH 2022

Happy 104th Birthday, Helen Speight!



‘What a Glorious Feeling’

Widely regarded as the greatest movie musical of all time, “Singin’ in the Rain” celebrates its 70th anniversary this year. Starring Gene Kelly, Debbie Reynolds and Donald O’Connor, the movie premiered March 27, 1952.

- While many movie musicals are adapted from stage shows, “Singin’ in the Rain” was written specifically for the screen, using songs in Arthur Freed and Nacio Herb Brown’s catalog.
- The title number had already appeared in six other films before this one. The only new songs composed for the movie were “Make ‘Em Laugh” and “Moses Supposes.”
- Reynolds was 19 years old when she was cast and had no dance experience. She learned how to dance on set from Kelly, who also choreographed the film.
- The famous scene where Kelly splashes through rainy streets twirling an umbrella has been lovingly spoofed many times in pop culture. The drenched actor was reportedly running a high fever at the time.
- Acclaimed ballet dancer Cyd Charisse performs only in the “Broadway Melody” dream sequence and has no speaking lines, but the film made her a star.
- The cheerful “Good Morning” number ends with the movie’s three stars tipping over a couch and collapsing onto it with laughter. This challenging shot took 40 takes to get right.



MARCH 2022

Locations

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

Birthdays


- Glen Moyer, 12th
- Jessie McLean, 16th
- Sarah Charles, 29th

Country Store

- Tuesday
11 a.m.-Noon
- Thursday
10-11 a.m.

“Charm’s key ingredient is consideration for others.”
—Ellen Lubin-Sherman

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		MARDI GRAS 1	ASH WEDNESDAY 2			
		10:00 Coffee, Tea and Pastry Hour, AR 10:30 Guess How?, AR 1:30 Nail Care, AR 3:00 Mardi Gras Social, AR 3:30 Library Books	10:00 Spiritual Reading, AR 10:30 Exercise and Weights, AR 1:30 Bingo w/Prizes, AR 3:00 National Bird Day (video on birds), AR 3:30 Uno and Chat Talk, AR	10:00 Physical Games (Ball Toss), AR 10:30 Coffee and Tea w/ Pastries Chat, AR 11:00 Hot Topics: News, AR 1:30 Trip: Scenic Ride, AR 2:30 at the Movies (Charlie’s Angels), AH	10:00 Fitness and Fun, AR 10:30 Facts & Word Games, AR 1:30 Bingo w/Prizes, AR 3:00 Friday Social w/Music, AR 3:30 Uno and Chat Talk, AR	10:00 Individual Word Finding and Crossword Puzzle 11:00 Individual Adult Coloring 2:30 At Movies w/ Cookies, AR 3:00 Sports Hour (Football), AR
9:15 Hampton Christian Church, AR 10:30 Gospel Sounds in Activity Room, AR 2:00 Sunday Afternoon at the Movies, AR 5:00 Individual Art	10:00 Exercise and Weights, CY 10:30 Hot Cocoa and Chat w/Muffins, AR 11:00 30-Minute News: CNN, AR 1:30 Bingo w/Prizes, DR 2:30 National Peanut Butter Cookies Day, AR 3:30 Travel USA, AR	10:00 Bean Bag Toss, AR 10:15 Special Event w/ Legacy, AR 10:30 March Trivia and Bible Trivia, AR 1:30 Nail Care, AR 2:00 At the Movies (Musical), AR 3:30 Library Books	10:00 Spiritual Reading, AR 10:30 Exercise and Weights, AR 11:00 Price Is Right, AR 1:30 Bingo w/Prizes, DR 3:30 Uno and Chat Talk, AR	10:00 Physical Games (Ball Toss), AR 10:30 Coffee and Tea w/ Pastries Chat, AR 11:00 Hot Topics: News, AR 1:30 Trip: Scenic Ride, AR 2:30 at the Movies (Charlie’s Angels), AH 5:00 Special Events Celebrating St Patrick’s Day	10:00 Fitness and Fun, AR 10:30 Facts & Word Games, AR 1:30 Bingo w/Prizes, DR 2:30 TGIF Social and Jazz & wine, AR 3:30 Uno and Chat Talk, AR	10:00 Individual Word Finding and Crossword Puzzle 11:00 Individual Adult Coloring 1:30 Trip: Scenic Ride 2:30 At Movies w/ Cookies, AR 3:00 Sports Hour (Football), AR
DAYLIGHT SAVING TIME BEGINS 13	National Crafts Month, AR 10:00 Fitness and Fun, AR 10:30 Outside w/ Nature, CY 11:00 30-Minute News: CNN, AR 1:30 Bingo w/Prizes, DR 3:00 World News and Drinks, AR	9:45 Hot Spice Tea w/ Muffins, AR 10:15 Brain Exercise w/Legacy, AR 1:30 Nail Care, AR 2:30 Women in History Video, AR 3:30 Library Books	10:00 Spiritual Reading, AR 10:30 Exercise and Weights, AR 1:30 Bingo w/Prizes, DR 2:30 Nature Video on Wildlife, AR 3:30 Uno and Chat Talk, AR	ST. PATRICK’S DAY 17 10:15 St. Patrick’s Art w/Pastries, AR 10:30 Coffee and Tea w/ Pastries Chat, AR 11:00 Hot Topics: News, AR 1:30 Trip: Scenic Ride, AR 3:00 St. Patrick’s Social, AR	10:00 Fitness and Fun, AR 10:30 Facts & Word Games, AR 11:00 News & Views, AR 1:30 Bingo w/Prizes, AR 3:30 Uno and Chat Talk, AR	10:00 Individual Word Finding and Crossword Puzzle 11:00 Individual Adult Coloring 2:30 At Movies w/ Cookies, AR 3:00 Sports Hour (Football), AR
SPRING BEGINS 20	10:00 Chair Exercise w/Weights, AR 10:30 World Poetry Day, AR 11:00 30-Minute News: CNN, AR 1:30 Bingo w/Prizes, AR 2:30 Hot Cocoa and Holiday Cookies, AR 3:30 Card Games (Uno), AR	10:15 Brain Exercise w/Legacy, AR 10:30 Health Talk (National Nutrition Month), AR 11:00 Price Is Right, AR 1:30 Nail Care, AR 2:30 Women in History Movies, AR 3:30 Library Books	National Chip and Dip Day, AR 10:00 Spiritual Reading, AR 10:30 Exercise and Weights, AR 1:30 Bingo w/Prizes, DR 2:00 Resident Council Meeting, AR 2:30 Menu Chat, AR 3:30 Uno and Chat Talk, AR	10:00 Physical Games (Ball Toss), AR 10:30 Coffee and Tea w/ Pastries Chat, AR 11:15 Trip: Lunch Outing (Surf Rider) 1:30 Trip: Scenic Ride, AR 2:30 at the Movies (Charlie’s Angels), AH	10:00 Fitness and Fun, AR 10:30 Facts & Word Games, AR 11:00 Outside w/Hot Apple Cider, CY 1:30 Bingo w/Prizes, DR 3:00 Happy Hour and Music, AR	10:00 Individual Word Finding and Crossword Puzzle 11:00 Individual Adult Coloring 1:30 Trip: Scenic Ride 2:30 At Movies w/ Cookies, AR 3:00 Sports Hour (Football), AR
9:15 Hampton Christian Church, AR 10:30 Gospel Sounds in Activity Room, AR 2:00 Sunday Afternoon at the Movies, AR 5:00 Individual Art	10:00 Fitness and Fun, AR 10:30 Finish Line and Second Chance, AR 11:00 30-Minute News: CNN, AR 1:30 Bingo w/Prizes, DR 3:00 Baking Cookies w/ Hot Cocoa, AR	10:00 Coffee and Tea w/ Pastries Chat, AR 10:30 Second Chance, AR 1:30 Nail Care, AR 2:00 Birthdays of the Month Party: Music w/Buz 3:30 Library Books	10:00 Spiritual Reading, AR 10:30 Exercise and Weights, AR 1:30 Bingo w/Prizes, AR 2:30 Root Beer Floats, AR 3:30 Uno and Chat Talk, AR	10:00 Physical Games (Ball Toss), AR 10:30 Coffee and Tea w/ Pastries Chat, AR 11:00 Hot Topics: News, AR 2:30 at the Movies (Charlie’s Angels), AH 3:00 Popcorn and Candy w/Drinks, AR		