

# The Devonshire *Lifestyle*



Like Us!



Assisted Living Community

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

## Set the Stage for Spring

Spring is a splendid time to spruce up your home. Incorporate bright colors, flowy fabrics and a touch of nature to craft a well-designed interior that's perfect for the season.

*Lighten up textiles.* Fabrics such as velvet and silk can feel a bit heavy for spring. Switch to throw pillows in linen or cotton for a more carefree appeal. Revive your bedding with a new blanket or duvet. Add something bright underfoot with a colorful throw rug or two.

*Refresh what you have.* Give your wall art a new look by replacing or repainting the frames. Reorganize your bookshelves and cut down on the visual clutter. Swap out your coffee table books to incorporate new color into your living room. Rearrange your furniture for a quick update that will have your home feeling brand-new.

*Go for the greenery.* Plants not only add life and color, but also act as natural air filters. Put large plants on the floor and smaller ones on desks, tables and shelves. An alternative to potted plants is an arrangement of large leaves, such as palm or papyrus.

*Choose colorful accessories.* When shopping for pillows, vases and other decorative objects, consider a palette of bright blue, green and white, plus touches of daffodil and lilac. If you prefer a do-it-yourself project, paint a lamp base or reupholster an ottoman.



## MARCH 2023

### A Note From Our Executive Director

Hello, there! March is upon us, and with it comes the welcome arrival of spring. I think we are all looking forward to warmer weather and more outings. We have a lot of activities planned this month! Our Special Event this month will be a St. Patrick's Day celebration. We encourage everyone to join us.



### Happy St. Patrick's Day

Everybody's Irish on March 17. As you celebrate the wearin' o' the green, we'd like to offer this St. Patrick's Day toast: May the roof above you never fall in, and may the friends gathered below never fall out. Happy St. Patrick's Day to all of our residents!



### Try Your Luck

"Be humble. Be nice to people. And you might be ready to be lucky." —Zoey Deutch

MARCH 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

Birthdays

Charles Shinn 03/02  
Glen Moyer 03/12  
Sarah Charles 03/29

Lucky Celebration

We’re celebrating all things Irish this month with our St. Patrick’s Day party. Join us for food and fun, and don’t forget to wear green for luck!

Spring It On!

“No matter how long the winter, spring is sure to follow,” says a popular proverb. The new season arrives on March 20.

“Magic is believing in yourself. If you can do that, you can make anything happen.”  
—Johann Wolfgang von Goethe

Activities Subject to Change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10:15 Fitness and Fun 11:00 Spiritual Reading 1:30 Bingo with Prizes 2:30 Hot Cocoa and Cookies 4:00 Table Games (Uno or Dominoes)	2 10:00 Physical Games 10:30 Door to Door Visits (one on one) 11:00 Hydration Time (water or juice) <b>1:30 Trip: Barnes and Noble</b> <b>2:30 Women In History Movie</b> 3:00 Uno and Puzzle time	3 10:00 Exercise and weights 10:30 Facts and Word Games <b>11:00 Health Notes</b> 2:00 Bingo with Prizes 3:30 Table Games 6:00 Friday at the Movies	4 9:30 Word Search Puzzles 10:00 Bingo with Prizes 10:00 Cowboy shows 11:00 Saturday News (CNN) 2:00 Hydration Time (water or juice) 3:00 Sports Hour time
5 <b>9:30 Hampton Christian Church</b> 10:30 Gospel Sounds Activity room 1:30 Sunday Matinee 3:30 Sports Hour (football NFL) 5:30 Adult Coloring	6 10:00 Exercise and weights 10:30 Family Feud Game 11:00 News and Views 1:30 Bingo with Prizes <b>2:30 Women In History video</b> <b>5:00 News at 5:00pm</b>	7 <b>10:00 Brain Exercise with Legacy</b> 10:30 Coffee, Tea and Pastries 11:00 Fun with Price is Right <b>2:00 Nature Spring video</b> 2:30 Nail Care 3:30 Library Hour	8 10:15 Fitness and Fun 11:00 Spiritual Reading 1:30 Bingo with Prizes 2:30 Hot Cocoa and Cookies 4:00 Table Games (Uno or Dominoes)	9 10:00 Physical Games 10:30 Door to Door Visits (one on one) 11:00 Hydration Time (water or juice) <b>2:30 Women In History Movie</b> 3:00 Uno and Puzzle time <b>5:00 Special Event Pre St. Patrick’s Day entertainment with Jon Dufee</b>	10 10:00 Exercise and weights 10:30 Facts and Word Games <b>11:00 Health Notes</b> 2:00 Bingo with Prizes 3:30 Table Games 6:00 Friday at the Movies	11 9:30 Word Search Puzzles 10:00 Cowboy shows 10:15 Trip: Scenic Ride 11:00 Saturday News (CNN) 2:00 Hydration Time (water or juice) 3:00 Sports Hour time
12 <b>9:30 Hampton Christian Church</b> 10:30 Gospel Sounds Activity room 1:30 Sunday Matinee 3:30 Sports Hour (football NFL) 5:30 Adult Coloring	13 10:00 Exercise and weights 10:30 Family Feud Game 11:00 News and Views 1:30 Bingo with Prizes <b>2:30 Women In History video</b> <b>5:00 News at 5:00pm</b>	14 <b>10:00 Brain Exercise with Legacy</b> 10:30 Coffee, Tea and Pastries 11:00 Fun with Price is Right 1:30 Birds Unlimited <b>2:00 Nature Spring video</b> 2:30 Nail Care 3:30 Library Hour	15 10:15 Fitness and Fun 11:00 Spiritual Reading 1:30 Bingo with Prizes 2:30 Hot Cocoa and Cookies 4:00 Table Games (Uno or Dominoes)	16 10:00 Physical Games 10:30 Door to Door Visits (one on one) <b>10:30 Trip: Lunch Outing</b> 11:00 Hydration Time (water or juice) <b>2:30 Women In History Movie</b> 3:00 Uno and Puzzle time	17 10:00 Exercise and weights 10:30 Facts and Word Games <b>11:00 Health Notes</b> 2:00 Bingo with Prizes 3:30 Table Games 6:00 Friday at the Movies	18 9:30 Word Search Puzzles 10:00 Cowboy shows 11:00 Saturday News (CNN) 2:00 Hydration Time (water or juice) 3:00 Sports Hour time
19 <b>9:30 Hampton Christian Church</b> 10:30 Gospel Sounds Activity room 1:30 Sunday Matinee 3:30 Sports Hour (football NFL) 5:30 Adult Coloring	20 10:00 Exercise and weights 10:30 Family Feud Game 11:00 News and Views 1:30 Bingo with Prizes <b>2:30 Women In History video</b> <b>5:00 News at 5:00pm</b>	21 <b>10:00 Brain Exercise with Legacy</b> 10:30 Coffee, Tea and Pastries 11:00 Fun with Price is Right <b>2:00 Nature Spring video</b> 2:30 Nail Care 3:30 Library Hour	22 10:15 Fitness and Fun 11:00 Spiritual Reading 1:30 Bingo with Prizes 2:30 Hot Cocoa and Cookies 4:00 Table Games (Uno or Dominoes)	23 10:00 Physical Games 10:30 Door to Door Visits (one on one) 11:00 Hydration Time (water or juice) <b>1:30 Trip: Neighborhood Wal-Mart</b> <b>2:30 Women In History Movie</b> 3:00 Uno and Puzzle time	24 10:00 Exercise and weights 10:30 Facts and Word Games <b>11:00 Health Notes</b> 2:00 Bingo with Prizes 3:30 Table Games 6:00 Friday at the Movies	25 9:30 Word Search Puzzles 10:00 Cowboy shows 10:00 Trip: Walmart 11:00 Saturday News (CNN) 1:30 Bingo with Prizes 2:00 Hydration Time (water or juice) 3:00 Sports Hour time
26 <b>9:30 Hampton Christian Church</b> 10:30 Gospel Sounds Activity room 1:30 Sunday Matinee 3:30 Sports Hour (football NFL) 5:30 Adult Coloring	27 10:00 Exercise and weights 10:30 Family Feud Game 11:00 News and Views 1:30 Bingo with Prizes <b>2:30 Women In History video</b> <b>5:00 News at 5:00pm</b>	28 <b>10:00 Brain Exercise with Legacy</b> 10:30 Coffee, Tea and Pastries 11:00 Fun with Price is Right <b>2:00 Nature Spring video</b> 2:30 Nail Care 3:30 Library Hour	29 10:15 Fitness and Fun 11:00 Spiritual Reading 1:30 Bingo with Prizes 2:30 Hot Cocoa and Cookies <b>2:45 Resident Council Meeting and Menu Chat</b> 4:00 Table Games (Uno or Dominoes)	30 10:00 Physical Games 10:30 Door to Door Visits (one on one) 11:00 Hydration Time (water or juice) <b>2:30 Women In History Movie</b> 3:00 Uno and Puzzle time	31 10:00 Exercise and weights 10:30 Facts and Word Games <b>11:00 Health Notes</b> 2:00 Bingo with Prizes 3:30 Table Games 6:00 Friday at the Movies	



## March Employee of the Month

Please take a moment to congratulate our employee of the month, Kiara Bradley! Kiara is a CNA in Assisted Living. She has been employed with The Devonshire for 6 months. She enjoys making our residents happy and assisting them when they need help. Kiara is married and has a black Lab named Kenzo. In her free time, Kiara enjoys cooking, watching movies, and walking the trails at our local parks. She enjoys many types of food, but one of her favorite types of food is Soul Food.



Kiara Bradley

## Say 'Cheez'

Those orange, square snacks known as Cheez-It crackers have a birthday this month. The cheesy, crunchy bites were first baked and boxed up by a Dayton, Ohio, food company in March 1921.

## Keep Your Kidneys Healthy

The kidneys have an important role in the body. These two organs filter the blood, regulate the balance of certain nutrients, and produce essential hormones. National Kidney Month in March is a reminder to take care of your kidneys.

**Stay hydrated.** Being consistent about drinking water and other fluids helps the kidneys perform their most important job, flushing out waste and excess fluid from the bloodstream.

**Maintain a healthy diet.** Eating nutritious foods, including those low in sodium, may lower your risk of developing kidney problems. Some common foods that boost kidney health include apples, blueberries, red bell peppers, cabbage and fatty fish such as tuna and salmon.

**Monitor blood pressure.** High blood pressure is a major cause of kidney damage. Get your blood pressure checked regularly and work with your health care provider to make any needed lifestyle changes.

**Exercise.** Keeping fit can lower blood pressure and improve heart function, which influences kidney health.

**Review medications.** When taken daily, some over-the-counter pain relievers can contribute to kidney problems. Some supplements may also affect the kidneys. Talk to your doctor about all medications you are taking.

**Control blood sugar.** Diabetes causes the kidneys to work extra hard and can lead to kidney disease, so it's important to regularly monitor blood sugar levels and check kidney function.

## Thanks, Doc!

National Doctors' Day is March 30.

## Women's History Month

Do you know who Elizabeth Cady Stanton is? If you don't, you are not alone. In a recent survey, only 1 percent of respondents knew that Stanton was the co-founder of the famous 1848 Women's Rights Convention. She actually wrote many of the speeches and articles that fueled the women's movement. March is Women's History Month.



## Springing Into the Season

With their trumpet-shaped blooms, daffodils announce the arrival of spring. The bright yellow and white flowers are one of the season's first and among the few plants that can grow through the snow. According to a Welsh legend, if you see the first daffodil, your year ahead will be filled with wealth.



## Hello, Spring

The first day of spring is March 20. Celebrate with a stroll outdoors, some spring cleaning, or a salad of fresh spring greens.