

The Devonshire *Lifestyle*



Like Us!



Assisted Living Community

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

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.



Easter Joy

We want to wish all of our residents a happy Easter! We hope you and your loved ones have a joyous holiday.



Time Change

Daylight saving time begins at 2 a.m. on the second Sunday in March. Be sure to "spring forward" the night before by setting your clocks an hour ahead, and consider going to bed early to help you rise and shine on Sunday morning instead of sleeping in.

MARCH 2024

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 Mardi Gras event will be on March 14th, and DJ Charles Gates will be providing our entertainment. We have a new Pest Control Company starting soon. Please don't hesitate to reach out if you need anything.

Sincerely,
Sherreek Malone
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Phone (757) 316-7053



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!



March Employee of the Month



Our employee of the month is Cheryl McCloud. She is a dietary server in our assisted living community. Cheryl has been in this position for almost a year. Cheryl previously worked here for 14 years as a housekeeper and also filled in for other departments when needed. She enjoys all of the different personalities of our residents, hearing their stories, and being able to have fun and laugh with them. In her free time, she likes to spend time with her grandchildren, and go on trips with her girlfriends. She also enjoys cleaning, and relaxing with a good TV show. One day she plans to visit her brother in Paraguay, a country in South America.

Learn About Loved Ones

March 20 is World Storytelling Day. Gather family and friends and share a story from your life, whether small or momentous. Then, give each of them the spotlight to do the same while you listen.

Count Your Caffeine Intake

For many people, caffeine provides an energy boost on sleepy mornings or drowsy afternoons. Medical experts agree that 400 milligrams of caffeine a day is safe for most adults, but consuming too much or at the wrong time can interrupt your sleep or make you feel anxious. During Caffeine Awareness Month in March, refresh yourself on the typical amount of caffeine in an 8-ounce serving of popular beverages:

Coffee: 96 milligrams

Black tea: 47 milligrams

Green tea: 28 milligrams

Energy drink: 29 milligrams

Cola: 22 milligrams

Keep these numbers in mind, and read labels, to adjust your caffeine intake as needed.



Flowers in Philly

Every March, the city of Philadelphia gets in the swing of spring with a spectacular showcase of floral displays. Held since 1829, the Philadelphia Flower Show is the country's largest and longest-running horticultural event. It attracts 250,000 visitors, who can admire new plant varieties, attend gardening workshops, and shop the enormous indoor market.



Make Up Your Mind in the Morning

When you're faced with an important decision, try tackling it before noon. Science says the morning hours are the best time of day to make a choice. Researchers came to this conclusion after analyzing the moves chess players made in a series of matches. The players made slower, more accurate moves in the morning, and as the day wore on, their decisions were faster, but those moves were more prone to errors.

