

Healthy Reasons to Laugh

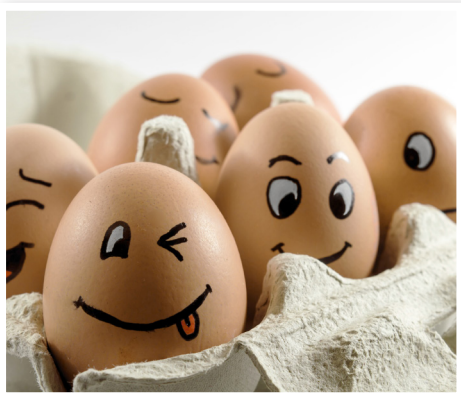
Kidding around has some serious benefits — and not just for your funny bone! Here’s how laughter can improve your life:

Provides a workout — A bout of boisterous laughter is like a mild workout. Your heart starts beating faster, sending oxygen throughout your body and stimulating muscles. Giggling for 10 to 15 minutes can burn as much as 50 calories.

Boosts your immune system — Laughs produce positive thoughts, which prompt your body to release antibodies that help fight illness.

Lifts your spirits — Laughing boosts the brain’s levels of dopamine and serotonin, chemicals that can improve mood and may help lessen depression. Often, people who embrace laughter find it easier to cope with difficult situations and let go of stress and anger.

Keeps you connected — Laughter is contagious. One researcher estimates we are 30 times more likely to laugh with others than when we’re alone. Spending time with people can help you laugh more and improve your quality of life. Laughing together is also a common way to bond with loved ones as well as make new friends.



Sweet Harmonies

With their sentimental tunes and close harmonies, barbershop quartets embody a unique American sound that has mesmerized audiences for more than 150 years.

In the 1800s, barbershops served as social hubs for men, who sometimes harmonized familiar songs while at these and other gathering spots. A new style of music emerged, characterized by four men singing a cappella. While a lead tenor sang the melody, another tenor, a bass and a baritone crooned the harmonies. The availability of published sheet music during the era helped popularize barbershop music.

By the turn of the century, many vaudeville shows featured barbershop quartets. The foursomes often donned straw boaters and matching striped vests or jackets. Their unified look complemented their tight vocals, and the groups were a hit with audiences.

The popularity of the barbershop style of singing faded in the 1920s due to competition from radio. Preservation efforts beginning in the late ’30s revived the genre, which continues to be performed nationally and abroad.

Barbershop music is also performed by female quartets — most notably groups that are part of the Sweet Adelines organization — as well as large choruses.

Bursting With Spring Blossoms

This month, cities around the country are celebrating the bursting colors of spring blossoms with festivals dedicated to regional flora.

Skagit Valley Tulip Festival — Tulip farms scattered throughout Washington state’s Skagit Valley begin blooming in April, and that’s when thousands of visitors crowd area roads for a scenic driving tour of the spectacular fields of flowers.

North Carolina Azalea Festival — The port city of Wilmington, N.C., draws more than 200,000 people to a weeklong celebration of the millions of lush, showy shrubs that come alive with blooms of pink, purple and red.

Atlanta Dogwood Festival — Flowering dogwood trees provide a beautiful backdrop for this Georgia tradition that dates back to 1936.

Meriden Daffodil Festival — During the last two weekends in April, thousands of people gather in this Connecticut city to view a sea of 650,000 sunny yellow and white daffodils in bloom.

The Devonshire Lifestyle



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Reflections

How can we behold the beauty of this world and not see God’s work in every blade and branch? Even every drop of water where it lies bears the flickers of movement on its surface, disturbed by the whispers and rakes of His breath reminding us of His presence and omnipotence.

Foremost are those liquid visions found in gracefully mirrored repetitions of creation’s abundance; each one striving to mimic the more perfect parent.

The season-born greens, golds and luscious yellows speak of His limitless palette, enhanced by perfect light, all leave us to die of our own frail, self-born imitations.

Oh, to bathe ourselves in this relentless creativity!

To take in all beauty within these streamings of grace;

then to mirror them as we must, in recognition, reverence and praise for

His power, excellence and loving Fatherhood.

To My New Friends at The Devonshire

As your new Executive Director, I am so happy to introduce myself and give you all a little background about me. My name is Lara Kelly. I started working in your home, the Devonshire, in February, but before that time, I had been in the senior living field since 2013.

I started my career in senior living as a Business Office Manager in an assisted living and memory care community in the northern Neck of Virginia. Shortly after I started that job, I moved to a Sales and Marketing Director position, where I enjoyed meeting new residents and helping them transition to Assisted Living. After two years in the Sales position, I became the Senior Sales and Marketing Director for the same company, where I trained other sales people.

In 2015, I started an AIT (Administrator In Training) program and studied hard! In September 2016, I passed my board exam and attained my license. I am also a Certified Dementia Practitioner. I went to college in Richmond at VCU, where I received a BFA in Communication, Arts and Design.

I live in Kilmarnock, Va., with my family. I’m lucky to have my parents and my husband’s parents near me. I have three children, two whom are grown. My youngest, a son, is 13 years old. My oldest son is in the Navy and stationed at Little Creek, Norfolk. My middle child, a daughter, is 20 years old and lives and works near my home.

Thanks you all for a very warm welcome this past month. I am so proud and happy to be working at The Devonshire with wonderful teammates and an incredible group of interesting and vibrant senior citizens.

— Lara Kelley, LALA, CDP





Locations

Activities Room, AR

Activities Room Hallway, AH

Court Yard, CY

Dining Room, DR

Game Room, GR

Independent Living

Activities Room, 1A

Independent Living Dining Room, IL

Outing, O

Patio, P

Windsor Room, WR

Thursday, 11:10 a.m.
Lunch Outings

Birthdays

Patsy Biel, 4th

Doris Robertson, 6th

—Henry Wadsworth
Longfellow

Activities Subject to Change

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
EASTER 1		2		3		4		5		6		7	
9:00 Sunday School, IA 9:30 Bible Scripture Reading, AR		10:00 Fitness & Moves, AR 10:30 Daily Update and Spiritual Reading, AR		9:45 Outside Walking in the Sun 10:15 Cocoa and Reminiscing, AR 11:00 Health Talk of the Week, AR		10:30 News & Views, AR 11:00 Easter Jelly Beans, AR 2:00 Bingo With Prizes 3:15 Jazz Appreciation, AR		9:45 Walking Club 10:00 Baking Time (Sweets), WR 11:15 Trip: Lunch Outing, O 1:30 Trip: Scenic Ride, O 3:30 Planting Seasons, AR		10:00 Jazzy Exercise, AR 10:30 Book Club & Chat With Doughnuts, AR 11:00 It All Happened in April, AR 2:00 Fun With Bingo, AR 3:15 Jazz Appreciation & Wine Social, AR 6:00 Scrabble, AR		10:00 Coupons Picking, AR 11:00 Individual Adult Coloring 2:00 Outside With Nature, CY 6:45 Checkers, AR	
10:30 Gospel Sounds, AR 2:00 Trip: Scenic Bus Ride, O 2:30 Sunday at the Movie, AR 6:45 Individual Art for the Heart, AR		11:00 April's Trivia of the Month, AR 2:00 Fun With Bingo 6:45 Card Games, AR		1:30 Nail Care (Satin Hands), AR 3:30 Nature Video (Sea World), AR		6:45 Fun Flicks & Popcorn, AR							
9:00 Sunday School, IA 8		9		10		11		12		13		14	
9:30 Bible Scripture Reading, AR		10:00 Fitness & Moves, AR		9:45 Outside Walking in the Sun		10:00 Chair Exercise, AR		9:45 Walking Club		10:00 Jazzy Exercise, AR		10:00 Coupons Picking, AR	
10:30 Gospel Sounds, AR		10:30 Daily Update and Spiritual Reading, AR		10:00 Hot Tea and Reminiscing, AR		10:30 News & Views, AR		10:00 Baking Time (Sweets), WR		10:30 Book Club & Chat With Doughnuts, AR		11:00 Individual Adult Coloring	
2:00 Trip: Scenic Bus Ride, O		11:00 April's Trivia of the Month, AR		11:00 Health Talk of the Week, AR		3:00 Bingo With Prizes, AR		11:15 Trip: Lunch Outing, O		11:00 It All Happened in April, AR		2:00 Outside With Nature, CY	
2:30 Sunday at the Movie, AR		2:00 Bingo With Prizes 6:45 Card Games, AR		1:30 Nail Care (Satin Hands), AR		3:15 Jazz Appreciation, AR		1:30 Trip: Scenic Ride, O		2:00 Fun With Bingo, AR		6:45 Checkers, AR	
6:45 Individual Art for the Heart, AR				2:30 Library Day, O 3:30 Art Expression With Nature, AR		6:45 Fun Flicks & Popcorn, AR		2:35 Nature Video (Sea Animals), AR 6:30 The Riverdale Quartet, IL		3:30 Painting With Nature, AR 6:00 Scrabble, AR			
9:00 Sunday School, IA 15		16		TAX DAY 17		18		19		20		21	
9:30 Bible Scripture Reading, AR		10:00 Fitness & Moves, AR		9:45 Outside Walking in the Sun		10:00 Chair Exercise, AR		9:45 Walking Club		10:00 Jazzy Exercise, AR		10:00 Coupons Picking, AR	
10:30 Gospel Sounds, AR		10:30 Daily Update and Spiritual Reading, AR		10:00 Walking Warriors, AH		10:30 News & Views, AR		10:00 Physical Games (Golfing), AR		10:30 Book Club & Chat With Doughnuts, AR		11:00 Individual Adult Coloring	
2:00 Trip: Scenic Bus Ride, O		11:00 April's Trivia of the Month, AR		11:00 Health Talk of the Week, AR		11:00 Outside With Nature, CY		10:00 Baking Time (Sweets), WR		11:00 It All Happened in April, AR		2:00 Outside With Nature, CY	
2:30 Sunday at the Movie, AR		2:00 Bingo With Prizes 6:45 Card Games, AR		1:30 Nail Care (Satin Hands), AR		3:00 Bingo With Prizes, AR 3:15 Jazz Appreciation, AR		11:15 Trip: Lunch Outing, O 1:30 Trip: Scenic Ride, O 2:00 Trip: Scenic Ride, O		2:00 Fun With Bingo, AR 3:15 Jazz Appreciation & Wine Social, AR		6:45 Checkers, AR	
6:45 Individual Art for the Heart, AR				3:30 Jigsaw Puzzles, AR		6:45 Fun Flicks & Popcorn, AR		6:30 The Roaring '20s, IL		6:00 Scrabble, AR			
EARTH DAY 22		23		24		25		26		27		28	
9:00 Sunday School, IA		10:00 Fitness & Moves, AR		9:45 Outside Walking in the Sun		10:00 Chair Exercise, AR		9:45 Walking Club		10:00 Jazzy Exercise, AR		10:00 Coupons Picking, AR	
9:30 Bible Scripture Reading, AR		10:30 Daily Update and Spiritual Reading, AR		10:30 Resident Council Meeting, AR		10:30 News & Views, AR		10:00 Baking Time (Sweets), WR		10:30 Book Club & Chat With Doughnuts, AR		11:00 Individual Adult Coloring	
10:30 Gospel Sounds, AR		11:00 April's Trivia of the Month, AR		11:00 Health Talk of the Week, AR		2:00 Singalong With Bonnie and Friends		11:15 Trip: Lunch Outing, O		11:00 It All Happened in April, AR		2:00 Outside With Nature, CY	
2:00 Trip: Scenic Bus Ride, O		6:45 Card Games, AR		1:30 Nail Care (Satin Hands), AR		3:00 Bingo With Prizes, AR		1:30 Trip: Scenic Ride, O		2:00 Fun With Bingo, AR		6:45 Checkers, AR	
2:30 Sunday at the Movie, AR				7:00 North Hampton Church of Christ, DR		3:15 Jazz Appreciation, AR		2:00 Yoga Movement, AR		6:00 Scrabble, AR			
6:45 Individual Art for the Heart, AR				7:30 Volunteers Appreciation Event, IA		6:45 Fun Flicks & Popcorn, AR		3:30 Planting Seasons, AR					
9:00 Sunday School, IA 29		30											
9:30 Bible Scripture Reading, AR		10:00 Fitness & Moves, AR											
10:30 Gospel Sounds, AR		10:30 Daily Update and Spiritual Reading, AR											
2:00 Trip: Scenic Bus Ride, O		11:00 April's Trivia of the Month, AR											
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6:45 Individual Art for the Heart, AR		3:30 Jazz and Wine Social, AR 6:45 Card Games, AR											