

Quick Fixes To Reduce Stress

Stress is a normal experience, but it can be overwhelming. Regain control of a situation with some quick relaxation methods.

One of the first things you can do is take some slow, deep breaths. Breathe in through your nose, hold for a few seconds, then release your breath. Repeating this pattern a few times slows your heart rate and helps you feel calmer.

If you're near a window, look outside and focus on clouds in the sky, a tree or other aspects of nature that you see, even if you're surrounded by buildings. Mental health experts say this is enough to feel the therapeutic effects of the outdoors. Another option is to gaze at a photo of calming scenery.

Many of us hold tension in our neck and shoulders. Sit up straight, stretch your arms and roll your neck from side to side to fix your posture. If possible, get up and take a 5-minute walk to move your body and clear your head.

Create a "happy playlist" that you can turn on during stressful moments. Tapping your toes and singing along releases endorphins that boost your mood.

Hug it out! Whether a friend or family member, research suggests that a 30-second hug can reduce stress levels and lower your blood pressure.

April Employee of the Month

DeVonne Holloway is our April employee of the month. She is our Driver and Activity Assistant and has been with us for five months. DeVonne is a pleasure to work with. She is committed to performing her job well and passionate about her work.



When asked what she likes most about working at The Devonshire, she said, "I enjoy listening to seniors, helping them with a service that they truly need and seeing them happy."

In her time off, she enjoys spending time with her family, walking, jazz and gospel music, shopping, Church and fellowship, and taking pictures. She loves seafood and homemade macaroni and cheese. She enjoys going to the beach and would love to vacation in Japan one day.

Meditation in Motion

Developed hundreds of years ago as a Chinese martial art, tai chi is now recognized as one of the most beneficial exercises for older adults.

Many styles and variations of tai chi exist, but the basic concept involves the combination of slow, gentle movements with deep, regulated breathing. Focusing on the set pattern of moves improves mental concentration and awareness, and controlled breathing helps the body relax. These characteristics have prompted some to describe the exercise as "meditation in motion."

Stress relief is one of the biggest benefits of tai chi. Research also shows that the exercise may provide immune system support and boost cardiovascular health by lowering cholesterol and blood pressure.

Tai chi can improve range of motion, flexibility and balance, making activities such as walking or climbing stairs easier and more comfortable. People who practice tai chi can also reduce their risk of falling.



The Devonshire Lifestyle

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

Like Us!

APRIL 2022

A Note From Our Executive Director

Happy Spring! We are looking forward to some warmer weather and more sunshine! We have some wonderful activities planned for this month including crafts, a nacho bar, Brain Games with Legacy, lunch outings, and a trip and picnic at Saude Creek Winery for our IL residents. We are also excited for our Spring Fling this month. We have some great entertainers scheduled. Please check the activity calendar to make sure you don't miss out on anything. We love to see you all enjoying your time here!

Sincerely,
Natalie Fox
Executive Director

From Bulbs to Blooms

A cheerful sign of spring, the tulip has been dazzling humans for thousands of years. Though they bloom from mid-April through May, tulip bulbs are planted in autumn because they need cold weather during their dormant stage to grow properly. There are more than 3,000 cultivated varieties of tulips, representing nearly every color of the rainbow. Common hues include red, yellow and pink.

Native to central Asia, the flower gained popularity throughout the Ottoman Empire and was cultivated as early as A.D. 1000. The word "tulip" comes from a Persian word meaning "turban." Sultans would wear the flower on their turbans as a symbol of life.

Although tulips are often associated with the Netherlands, they didn't reach that country until 1593, when botanist Carolus Clusius planted bulbs in Leiden University's garden. The flowers' appeal grew, and the Netherlands experienced a "tulip mania" in the 1630s. The price of tulip bulbs soared so high, some varieties cost as much as a house.

Today, most of the world's tulips are cultivated in and exported from the Netherlands. Visitors flock to the country every spring to see millions of tulips in bloom.



APRIL 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

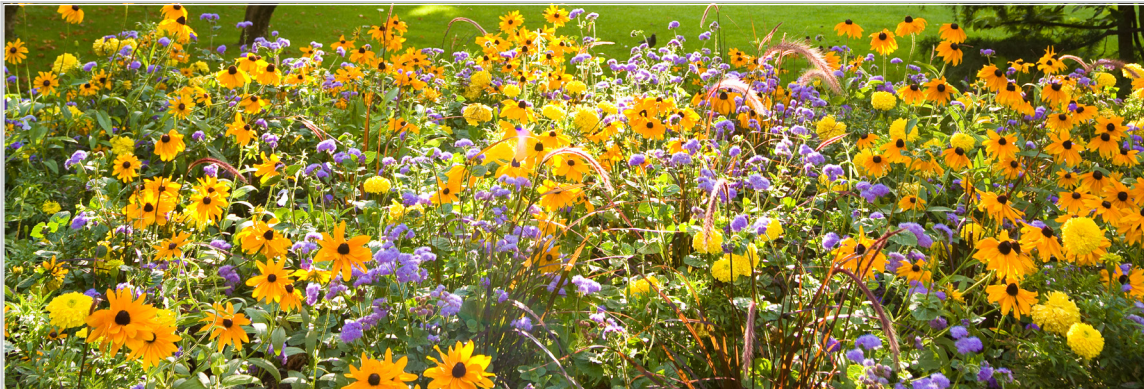

- Helen Speight, 1st
- Louise Kauffman, 24th

Country Store

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

“A heart of gold is where the rainbow begins.”
—Tammy L. Kubasko

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<div>9:15 Hampton Christian Church, AR</div> <div>10:30 Gospel Sounds in Activity Room, AR</div> <div>2:00 Sunday Afternoon at the Movies, AR</div> <div>5:00 Individual Art</div> <div>3</div>	<div>10:00 Exercise and Weights, CY</div> <div>10:30 Hot Cocoa and Chat w/ Muffins, AR</div> <div>11:00 30-Minute News: CNN, AR</div> <div>1:30 Bingo w/Prizes, AR</div> <div>3:30 Travel USA, AR</div> <div>4</div>	<div>10:00 Coffee, Tea and Pastry Hour, AR</div> <div>10:15 Brain Exercise w/Legacy, AR</div> <div>11:00 Outside w/ Nature, CY</div> <div>1:30 Nail Care, AR</div> <div>2:00 At the Movies, AR</div> <div>3:30 Library Books</div> <div>5</div>	<div>10:00 Spiritual Reading, AR</div> <div>10:30 Exercise and Weights, AR</div> <div>1:30 Bingo w/Prizes, AR</div> <div>2:30 Outside w/ Nature, CY</div> <div>3:30 Uno and Chat Talk, AR</div> <div>6</div>	<div>10:00 Physical Games (Ball Toss), AR</div> <div>10:30 Coffee and Tea w/ Pastries Chat, AR</div> <div>11:00 Hot Topics: News, AR</div> <div>1:30 Trip: Walmart, AR</div> <div>2:30 at the Movies, AH</div> <div>7</div>	<div>10:00 Trip: Mariners' Museum, O</div> <div>10:30 Facts & Word Games, AR</div> <div>11:00 Fun w/April, AR</div> <div>1:30 Bingo w/Prizes, AR</div> <div>3:00 Friday Social w/Music, AR</div> <div>1</div>	<div>10:00 Individual Word Finding and Crossword Puzzle</div> <div>11:00 Individual Adult Coloring</div> <div>1:30 Bingo w/Prizes, AR</div> <div>2:30 At Movies w/ Cookies, AR</div> <div>3:00 Sports Hour (Men's Group), AR</div> <div>2</div>
<div>PALM SUNDAY</div> <div>9:15 Hampton Christian Church, AR</div> <div>10:30 Gospel Sounds in Activity Room, AR</div> <div>2:00 Sunday Afternoon at the Movies, AR</div> <div>5:00 Individual Art</div> <div>10</div>	<div>10:00 Fitness and Fun, AR</div> <div>10:30 Outside w/ Nature, CY</div> <div>11:00 30-Minute News: CNN, AR</div> <div>1:30 Bingo w/Prizes, DR</div> <div>3:00 World News and Drinks, AR</div> <div>11</div>	<div>10:00 Bean Bag Toss, AR</div> <div>10:15 Special Event w/ Legacy, AR</div> <div>1:30 Nail Care, AR</div> <div>2:00 At the Movies (Musical), AR</div> <div>3:00 Nature Spring Flower, CY</div> <div>3:30 Library Books</div> <div>12</div>	<div>10:00 Spiritual Reading, AR</div> <div>10:30 Exercise and Weights, AR</div> <div>11:00 Price Is Right, AR</div> <div>1:30 Bingo w/Prizes, DR</div> <div>3:30 Uno and Chat Talk, AR</div> <div>13</div>	<div>10:00 Physical Games (Ball Toss), AR</div> <div>10:30 Coffee and Tea w/ Pastries Chat, AR</div> <div>11:00 Hot Topics: News, AR</div> <div>2:30 at the Movies, AH</div> <div>5:00 Special Event (Spring Fling), DR</div> <div>14</div>	<div>GOOD FRIDAY</div> <div>PASSOVER BEGINS AT SUNSET</div> <div>10:00 Pre-Easter Egg Hunt, AH</div> <div>10:30 Facts & Word Games, AR</div> <div>11:00 News & Views, AR</div> <div>1:30 Bingo w/Prizes, AR</div> <div>3:30 Uno and Chat Talk, AR</div> <div>15</div>	<div>10:00 Individual Word Finding and Crossword Puzzle</div> <div>10:00 Music w/Rev. Harris, DR</div> <div>11:00 Individual Adult Coloring</div> <div>1:30 Crafts Time, AR</div> <div>2:30 At Movies w/Cookies, AR</div> <div>3:00 Sports Hour (Men's Group), AR</div> <div>16</div>
<div>EASTER</div> <div>9:15 Hampton Christian Church, AR</div> <div>10:30 Gospel Sounds in Activity Room, AR</div> <div>2:00 Sunday Afternoon at the Movies, AR</div> <div>5:00 Individual Art</div> <div>17</div>	<div>10:00 Chair Exercise w/Weights, AR</div> <div>11:00 30-Minute News: CNN, AR</div> <div>1:30 Bingo w/Prizes, AR</div> <div>2:30 Hot Cocoa and Holiday Cookies, AR</div> <div>3:30 Card Games (Uno), AR</div> <div>18</div>	<div>10:15 Brain Exercise w/Legacy, AR</div> <div>1:30 Bible Study w/ Pastor Davis, AR</div> <div>1:30 Nail Care, AR</div> <div>2:30 National Poetry Month, AR</div> <div>3:00 Nature Spring Flower, CY</div> <div>3:30 Library Books</div> <div>19</div>	<div>10:00 Spiritual Reading, AR</div> <div>10:30 Exercise and Weights, AR</div> <div>1:30 Bingo w/Prizes, DR</div> <div>2:30 Nature Video on Wildlife, AR</div> <div>3:30 Uno and Chat Talk, AR</div> <div>20</div>	<div>10:00 Physical Games (Ball Toss), AR</div> <div>10:30 Coffee and Tea w/ Pastries Chat, AR</div> <div>11:00 Hot Topics: News, AR</div> <div>1:30 Trip: Scenic Ride, O</div> <div>2:30 at the Movies, AH</div> <div>21</div>	<div>EARTH DAY</div> <div>10:00 Fitness and Fun, AR</div> <div>10:30 Facts & Word Games, AR</div> <div>11:00 Outside w/Homemade Lemonades, CY</div> <div>1:30 Bingo w/Prizes, DR</div> <div>3:00 Happy Hour and Music, AR</div> <div>3:30 Uno and Chat Talk, AR</div> <div>22</div>	<div>10:00 Individual Word Finding and Crossword Puzzle</div> <div>11:00 Individual Adult Coloring</div> <div>1:30 Trip: Scenic Ride</div> <div>2:30 At Movies w/ Cookies, AR</div> <div>3:00 Sports Hour (Men's Group), AR</div> <div>23</div>
<div>9:15 Hampton Christian Church, AR</div> <div>10:30 Gospel Sounds in Activity Room, AR</div> <div>2:00 Sunday Afternoon at the Movies, AR</div> <div>5:00 Individual Art</div> <div>24</div>	<div>10:00 Fitness and Fun, AR</div> <div>10:30 Finish Line and Second Chance, AR</div> <div>11:00 30-Minute News: CNN, AR</div> <div>1:30 Bingo w/Prizes, DR</div> <div>3:00 Baking Cookies w/ Hot Cocoa, AR</div> <div>25</div>	<div>10:15 Brain Exercise w/Legacy, AR</div> <div>11:00 Price Is Right, AR</div> <div>1:30 Nail Care, AR</div> <div>3:00 Nature Spring Flower, CY</div> <div>3:30 Library Books</div> <div>26</div>	<div>10:00 Spiritual Reading, AR</div> <div>10:30 Exercise and Weights, AR</div> <div>1:30 Bingo w/Prizes, DR</div> <div>2:00 Resident Council Meeting, AR</div> <div>2:30 Menu Chat, AR</div> <div>3:30 Uno and Chat Talk, AR</div> <div>27</div>	<div>10:00 Physical Games (Ball Toss), AR</div> <div>10:30 Coffee and Tea w/ Pastries Chat, AR</div> <div>11:00 Hot Topics: News, AR</div> <div>2:30 at the Movies, AH</div> <div>2:30 Nature Art and Crafts, AR</div> <div>28</div>	<div>10:00 Fitness and Fun, AR</div> <div>10:30 Facts & Word Games, AR</div> <div>1:30 Bingo w/Prizes, AR</div> <div>2:25 Birthdays of the Month Party, AR</div> <div>3:30 Uno and Chat Talk, AR</div> <div>29</div>	<div>10:00 Individual Word Finding and Crossword Puzzle</div> <div>11:00 Individual Adult Coloring</div> <div>2:30 At Movies w/ Cookies, AR</div> <div>3:00 Sports Hour (Men's Group), AR</div> <div>30</div>