

# The Devonshire *Lifestyle*



Like Us!



Assisted Living Community

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

## Fresh and Flavorful

One of the best things about spring is the colorful produce that begins showing up at farmers' markets and grocery stores. Fill your basket with a variety of vegetables for the most health benefits and tastiest meals.

Asparagus is an early season highlight. Available in green, white or purple, asparagus is rich in iron, phosphorus, and vitamins A, E and C. The tender spears can be cooked in a variety of ways, including roasting, sautéing, steaming and blanching.

Whether red, orange or yellow, don't pass up the beets this month. A great source of nutrients, including folate and iron, this root vegetable's natural sweetness makes it ideal for salads, soups and smoothies.

The shiny crimson stalks of rhubarb are in season for a short time. Rhubarb contains beneficial levels of potassium, fiber, vitamins C and K, and protein. Since rhubarb is tart, it is typically paired with something sweet, as in strawberry-rhubarb pie.

Related to onions, leeks offer a more subtle flavor than their cousins. A good source of folate and vitamins A, C and K, the white root can be sliced thinly and served as a salad topping, or grilled or sautéed and added to soups, pasta and grain bowls.

Other fresh veggies to enjoy at this time of year are artichokes, arugula, celeriac, chicory, peas and radishes.



## APRIL 2023

## A Note From Our Executive Director



Happy April! The season is in full bloom, and so are our best wishes for all of our residents. Here's to a happy spring full of smiles, laughter and beautiful weather! We are looking forward to going on more trips where we can take advantage of the nicer weather and sunshine. We also have our Spring Fling coming up on

April 13th. Hope to see you there!

Sincerely,  
Natalie Fox  
Executive Director

## Alert for Allergy Weather

It's the season for allergies. Local weather forecasts often include pollen counts. But if you miss those numbers, you can still be prepared with a do-it-yourself weather check. Expect symptoms to flare up when it's windy, warm and dry. During rainy weather and breeze-free days, the pollen level will likely be lower.





APRIL 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

Don Locklear 04/16  
Ernest Bridgette 04/17  
Louise Kaufman 04/24

Dance Like No One Is Watching

“We’re fools whether we dance or not, so we might as well dance.” —Japanese proverb

Easter Joy

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

“The sky is always beautiful. Even when it’s dark or rainy or cloudy, it’s still beautiful to look at ... and it’ll be there no matter what.” —Colleen Hoover

Activities Subject to Change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
<div>2</div> <div>9:30 Hampton Christian Church</div> <div>10:30 Gospel Sounds Activity room</div> <div>1:30 Sunday Matinee</div> <div>3:30 Sports Hour (football NFL)</div> <div>5:30 Adult Coloring</div>	<div>3</div> <div>10:00 Exercise and weights</div> <div>10:30 Family Feud Game</div> <div>11:00 News and Views</div> <div>1:30 Bingo with Prizes</div> <div>2:30 Women In History video</div> <div>5:00 News at 5:00pm</div>	<div>4</div> <div>10:00 Brain Exercise with Legacy</div> <div>10:30 Coffee, Tea and Pastries</div> <div>11:00 Fun with Price is Right</div> <div>2:00 Nature Spring video</div> <div>2:30 Nail Care</div> <div>3:30 Library Hour</div>	<div>5</div> <div>10:15 Fitness and Fun</div> <div>11:00 Spiritual Reading</div> <div>1:30 Bingo with Prizes</div> <div>2:30 Outside social and Cookies</div> <div>3:30 Spring Nature Video</div>	<div>6</div> <div>10:00 Physical Games</div> <div>10:30 Door to Door Visits (one on one)</div> <div>11:00 Hydration Time (water or juice)</div> <div>2:30 Springtime Movie</div> <div>4:00 Uno and Puzzle time</div>	<div>7</div> <div>10:00 Exercise and weights</div> <div>10:15 Trip: Dollar Tree</div> <div>10:30 Facts and Word Games</div> <div>2:00 EASTER EGG HUNT</div> <div>3:00 Art and Crafts</div> <div>6:00 Friday at the Movies</div>	<div>8</div> <div>9:30 Word Search Puzzles</div> <div>10:00 Cowboy shows</div> <div>11:00 Saturday News (CNN)</div> <div>1:30 Bingo with Prizes</div> <div>2:00 Hydration Time (water or juice)</div> <div>3:00 Sports Hour time</div>
<div>9</div> <div>Happy Easter</div> <div>9:30 Hampton Christian Church</div> <div>10:30 Gospel Sounds Activity room</div> <div>1:30 Sunday Matinee</div> <div>3:30 Sports Hour (football NFL)</div> <div>5:30 Adult Coloring</div>	<div>10</div> <div>10:00 Exercise and weights</div> <div>10:30 Family Feud Game</div> <div>11:00 News and Views</div> <div>1:30 Bingo with Prizes</div> <div>2:30 Women In History video</div> <div>5:00 News at 5:00pm</div>	<div>11</div> <div>10:00 Brain Exercise with Legacy</div> <div>10:30 Coffee, Tea and Pastries</div> <div>11:00 Fun with Price is Right</div> <div>2:00 Nature Spring video</div> <div>2:30 Nail Care</div> <div>3:30 Library Hour</div>	<div>12</div> <div>10:15 Fitness and Fun</div> <div>11:00 Spiritual Reading</div> <div>1:30 Bingo with Prizes</div> <div>2:30 Outside social and Cookies</div> <div>3:30 Dominoes Club and Puzzles</div>	<div>13</div> <div>10:00 Physical Games</div> <div>10:30 Door to Door Visits (one on one)</div> <div>11:00 Hydration Time (water or juice)</div> <div>2:30 Springtime Movie</div> <div>4:00 Uno and Puzzle time</div> <div>5:00 Special Event “Spring Fling”</div>	<div>14</div> <div>10:00 Exercise and weights</div> <div>10:30 Facts and Word Games</div> <div>11:00 Game show TV</div> <div>2:00 Bingo with Prizes</div> <div>3:00 Art and Crafts</div> <div>6:00 Friday at the Movies</div>	<div>15</div> <div>9:30 Word Search Puzzles</div> <div>10:00 Cowboy shows</div> <div>11:00 Saturday News (CNN)</div> <div>1:30 Trip: Scenic Ride</div> <div>2:00 Hydration Time (water or juice)</div> <div>3:00 Sports Hour time</div>
<div>16</div> <div>9:30 Hampton Christian Church</div> <div>10:30 Gospel Sounds Activity room</div> <div>1:30 Sunday Matinee</div> <div>3:30 Sports Hour (football NFL)</div> <div>5:30 Adult Coloring</div>	<div>17</div> <div>10:00 Exercise and weights</div> <div>10:30 Family Feud Game</div> <div>11:00 News and Views</div> <div>1:30 Bingo with Prizes</div> <div>2:30 Women In History video</div> <div>5:00 News at 5:00pm</div>	<div>18</div> <div>10:00 Brain Exercise with Legacy</div> <div>10:30 Coffee, Tea and Pastries</div> <div>11:00 Fun with Price is Right</div> <div>2:00 Nature Spring video</div> <div>2:30 Nail Care</div> <div>3:30 Library Hour</div>	<div>19</div> <div>10:15 Fitness and Fun</div> <div>11:00 Spiritual Reading</div> <div>1:30 Bingo with Prizes</div> <div>2:30 Outside social and Cookies</div> <div>3:30 Dominoes Club and Puzzles</div>	<div>20</div> <div>10:00 Physical Games</div> <div>10:30 Door to Door Visits (one on one)</div> <div>10:30 Trip: Lunch Outing</div> <div>11:00 Hydration Time (water or juice)</div> <div>2:30 Springtime Movie</div> <div>4:00 Uno and Puzzle time</div>	<div>21</div> <div>10:00 Exercise and weights</div> <div>10:30 Facts and Word Games</div> <div>11:00 Game show TV</div> <div>11:00 Health Notes</div> <div>2:00 Bingo with Prizes</div> <div>3:00 Art and Crafts</div> <div>6:00 Friday at the Movies</div>	<div>22</div> <div>9:30 Word Search Puzzles</div> <div>10:00 Cowboy shows</div> <div>11:00 Saturday News (CNN)</div> <div>2:00 Hydration Time (water or juice)</div> <div>3:00 Sports Hour time</div>
<div>23</div> <div>9:30 Hampton Christian Church</div> <div>10:30 Gospel Sounds Activity room</div> <div>1:30 Sunday Matinee</div> <div>3:30 Sports Hour (football NFL)</div> <div>5:30 Adult Coloring</div>	<div>24</div> <div>10:00 Exercise and weights</div> <div>10:30 Family Feud Game</div> <div>11:00 News and Views</div> <div>1:30 Bingo with Prizes</div> <div>2:30 Women In History video</div> <div>5:00 News at 5:00pm</div>	<div>25</div> <div>10:00 Brain Exercise with Legacy</div> <div>10:30 Coffee, Tea and Pastries</div> <div>11:00 Fun with Price is Right</div> <div>2:00 Nature Spring video</div> <div>2:30 Nail Care</div> <div>3:30 Library Hour</div>	<div>26</div> <div>10:15 Fitness and Fun</div> <div>11:00 Spiritual Reading</div> <div>1:30 Bingo with Prizes</div> <div>3:00 Resident Council Meeting and Menu Chat</div> <div>3:30 Dominoes Club and Puzzles</div>	<div>27</div> <div>10:00 Physical Games</div> <div>10:15 Trip: Blue Bird Farm</div> <div>10:30 Door to Door Visits (one on one)</div> <div>11:00 Hydration Time (water or juice)</div> <div>2:30 Springtime Movie</div> <div>4:00 Uno and Puzzle time</div>	<div>28</div> <div>10:00 Exercise and weights</div> <div>10:30 Facts and Word Games</div> <div>11:00 Game show TV</div> <div>2:00 Bingo with Prizes</div> <div>3:00 April Birthdays Celebration for the Month</div> <div>6:00 Friday at the Movies</div>	<div>29</div> <div>9:30 Word Search Puzzles</div> <div>10:00 Cowboy shows</div> <div>11:00 Saturday News (CNN)</div> <div>2:00 Hydration Time (water or juice)</div> <div>3:00 Sports Hour time</div>
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## April Employee of the Month



Our April employee is Virginia Graham. She is one of our Housekeepers and has been employed at The Devonshire for 6 months. She enjoys talking to our residents and gets along well with her coworkers. In her spare time, she enjoys spending time with her family and taking care of the house. She spends time volunteering at her church by serving lunch and helping the homeless. She also enjoys bowling and going on cruises. Her favorite meal is fried chicken, cabbage, candied yams and sweet potato pie.

## Self-Care Corner: Sparkle and Shine

Spring cleaning as self-care? Mental health experts say so. Since our surroundings have a huge impact on our outlook, creating a clean, tidy space can banish a bad mood, help us sleep better and even count as cardio. If you need a quick boost, focus on one task such as putting fresh sheets on your bed or organizing a kitchen drawer.



## Wear Your Wellies

A pair of rubber rain boots are both fashionable and practical during soggy weather. In the United Kingdom and Canada, the boots are affectionately called "wellies," short for Wellington boots, which were invented in the 1800s by Arthur Wellesley, the first Duke of Wellington. Valued for decades by horse riders, soldiers and outdoor laborers, wellies later became stylish spring wear for all types of people, and now come in a wide variety of colors and patterns.

## Memorable Melody: 'The Bunny Hop'

Bandleader Ray Anthony wrote this jazzy ditty in 1952 after hearing that high school students in San Francisco had come up with a new conga line dance called "The Bunny Hop." The lyrics of Anthony's song, crooned by Tommy Mercer and Marcie Miller, instruct listeners to "put your right foot forward, put your left foot out, do the bunny hop!" The song and accompanying dance were popular at parties throughout the '50s, and to this day, as soon as the tune's melody begins at a wedding or other celebration, guests know what to do: hop, hop, hop!



## Famous Faces Born in April

April 1, 1997: Asa Butterfield  
April 5, 1976: Sterling K. Brown  
April 7, 1954: Jackie Chan  
April 9, 1998: Elle Fanning  
April 19, 1982: Ali Wong  
April 23, 2018: Prince Louis  
April 24, 1982: Kelly Clarkson  
April 27, 1988: Lizzo

