

Barbecue Buddies

While smoked meat slathered in sauce is the star of the show at a barbecue, there's usually a plentiful pick of side dishes at the table.

Baked beans — For many, a barbecue menu must-have is a pot of baked beans, which may include bits of meat along with the beans, simmered in a sweet sauce.

Coleslaw — Cool and crunchy coleslaw, made with raw cabbage, carrots, other veggies and even fruit, complements all types of barbecue. Both creamy and vinegar-based dressings are popular choices for this salad.

Corn — Warm-weather cookouts and picnics often feature this fresh, sweet vegetable, whether as grilled corn on the cob, creamed corn, corn pudding, succotash or corn relish.

Potato salad — A helping of cold, creamy potato salad provides taste buds a soothing contrast to tangy and spicy fare. Lighter versions with oil-dressed spuds can be served warm or chilled.

Bread — Slices of classic white bread, biscuits, cornbread or hush puppies often come with a plate of barbecue and offer a hands-on way to sop up the sauce.

Macaroni and cheese — A classic comfort food, this cheesy pasta dish with countless variations is a favorite among the fixin's that make a barbecue meal complete.

Stay Active as You Age

Moving your body and staying active is the focus of National Senior Health and Fitness Day, the last Wednesday in May. Find inspiration in this year's theme and learn why "Life Is Better in Motion."

Helps prevent illness — High blood pressure, poor circulation, and high cholesterol are linked to conditions such as heart disease, stroke and Type 2 diabetes. These health risk factors can be reduced with regular exercise.

Boosts energy — The more you move, the more energy you'll have, helping you carry out everyday physical activities with less fatigue.

Lifts mood — Would you like to feel happier and more relaxed? The endorphins released during exercise can provide emotional perks. Taking part in physical activity can also improve confidence and self-esteem.

Improves sleep — A regular fitness routine can help you fall asleep more quickly, sleep more soundly and get better quality rest. Just avoid working out close to bedtime, since the energy boost may keep you awake.

Reduces fall risk — Exercise strengthens muscles and bones, increases flexibility, and improves balance — all benefits that are key to preventing falls and broken bones.

Enhances social life — Walking with a friend, taking a group fitness class or participating in a team sport or game offers the opportunity to have fun and connect with others.



The Devonshire Lifestyle



Assisted Living Community

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

MAY 2020

Honoring Women in the Military

Nearly 3 million women have served in and with the U.S. military. The Women in Military Service for America Memorial honors the contributions of servicewomen past, present and future.

Dedicated in 1997, the memorial is located at the entrance to Arlington National Cemetery, outside the nation's capital. The 30,000-square-foot monument and museum is devoted to telling the stories of women who have helped defend the nation since the American Revolution.

Photos, uniforms and other artifacts are exhibited, documenting the many jobs women have held for the country's defense, from nurse to fighter pilot. A hall of honor recognizes those who gave the ultimate sacrifice, were held prisoners of war, or received awards for service and valor.

The heart of the memorial is an interactive, computerized register that has the goal of including every woman who has served. Currently, the database has the names, photos and histories of about 270,000 women, and visitors can look up their grandmother, mother or friend. Female veterans or family and friends of women veterans are encouraged to register at the memorial's website, WomensMemorial.org.

The memorial also honors women who have served in organizations that support the U.S. armed forces, including the Red Cross, USO and U.S. Public Health Service Cadet Nurse Corps.

That's a Wrap

Filled, rolled, folded and wrapped, tortillas have become a handy ingredient for many meals.

The round flatbread was created thousands of years ago by the native peoples of what is now Mexico and Central America. They ground soaked corn kernels into a dough, shaped it into flat, thin pancakes and baked them. When Spanish explorers arrived in the region in the 1500s, they called the maize bread a tortilla, from a word meaning "small cake."

Today in Mexico, corn tortillas are still made by hand, but most people buy them fresh daily at local shops called tortillerias, which make the bread by machine. Tortillas made of flour are popular in northern Mexico and much of the U.S.

Tortillas are an ideal vessel for holding a variety of ingredients. Filled with meat, beans, cheese and veggies, they are used in traditional Mexican foods such as tacos, enchiladas, tostadas and quesadillas. Cut into pieces and fried into crisp chips, they scoop up sauces, salsa and guacamole. With cinnamon sugar, chocolate or fruit, tortillas become a base for dessert recipes.

Beyond Mexican fare, tortillas are a common swap for bread in sandwich wraps and roll-ups, or used as a substitute crust for a pizza.



MAY 2020

Locations

- Activities Room, AR
- Activities Room Hallway, AH
- Court Yard, CY
- Dining Room, DR
- Game Room, GR
- Independent Living Activities Room, IA
- Independent Living Dining Room, IL
- Outing, O
- Patio, P
- Windsor Room, WR

Birthdays

- Latrelle Malone, 5th
- Charlie Wooten, 22nd
- Walter Mickie, 24th

Transportation Schedule

- Thursday, 11:10 a.m.
- Lunch Outings

Additional Services

- Monday - Saturday 11 a.m.-Noon
- Country Store

“When you look at your mother, you are looking at the purest love you will ever know.”
—Mitch Albom

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			MAY DAY 1	10:15 Daily Update, Deep Breathing & Stretching	10:30 Door to door Trivia, AR	11:00 Individual Word finding and Crossword puzzle
9:30 Bible Scripture Reading, AR 3	10:00 Fitness & Moves, AR 4	10:00 Health Talk (fruits) 5	10:15 Daily Update, Deep Breathing & Stretching 6	10:30 Outside w/Finish the Line, CY 7	11:15 Hand Sanitized & Lunch menu	11:00 Individual Adult Coloring 2
10:30 Gospel Sounds in Residents' rooms	10:15 Daily Update, Deep Breathing & Stretching	10:30 Outside w/Finish the Line, CY	10:45 Spring Time Trivia Outside, CY	11:00 Today in History	1:30 Hallway Bingo, AH	2:30 Outside Sitting, AR
2:00 Sunday Matinee, AR	11:15 Hand Sanitized & Lunch menu	11:00 Physical Game: Horse Racing Outside, CY	11:15 Hand Sanitized & Lunch menu	2:00 Individual Nature Artwork Painting	3:00 Door to Door Ice Cream Stop	6:00 Subjection Day (Kentucky Day)
5:45 Individual Art for the Heart	1:30 Hallway Bingo, AH	2:00 Library Books	1:30 Hallway Bingo, AH	3:00 Outside Chat and Juice, CY		
	3:00 Name That Tune w/ at your Door Prizes	2:30 Fun w/Cinco De Mayo	3:15 Outside w/Nature, CY	3:15 Music in the Hallway Day		
MOTHER'S DAY 10	10:15 Daily Update, Deep Breathing & Stretching 11	10:30 Outside w/ Finish the Line, CY 12	10:15 Daily Update, Deep Breathing & Stretching 13	10:30 Outside w/ Finish the Line, CY 14	10:15 Book Club & Chat, AR 15	10:00 Individual Word finding and Crossword puzzle 16
9:30 Bible Scripture Reading, AR	11:15 Hand Sanitized & Lunch menu	11:00 Physical Game: Horse Racing Outside, CY	10:30 Spiritual Reading, AR	11:00 Today in History	10:15 Daily Update, Deep Breathing & Stretching	10:00 Individual Word finding and Crossword puzzle
10:30 Gospel Sounds in Residents' rooms	1:30 Hallway Bingo, AH	2:00 Library Books	11:15 Hand Sanitized & Lunch menu	2:00 Individual Nature Artwork Painting	10:30 Door to door Trivia, AR	11:00 Individual Adult Coloring
11:30 Mother's Day Lunch	3:00 Name That Tune w/ at your Door Prizes	3:00 Root Beer Float	1:30 Hallway Bingo, AH	3:00 Outside Chat and Juice, CY	11:15 Hand Sanitized & Lunch menu	2:30 Outside Sitting, AR
2:00 Sunday Matinee, AR	3:30 Nature Video (Birds), AR		3:00 Name That Tune w/ at your Door Prizes	3:15 Music in the Hallway Day	1:30 Hallway Bingo, AH	
5:45 Individual Art for the Heart					3:00 Door to Door Ice Cream Stop	
					3:15 TGIF Happy Hour Social, AR	
9:30 Bible Scripture Reading, AR 17	10:00 Fitness & Moves, AR 18	10:00 Physical Games, AR 19	10:15 Daily Update, Deep Breathing & Stretching 20	10:00 Connect Four & Jenga, AR 21	10:15 Book Club & Chat, AR 22	10:00 Individual Word finding and Crossword puzzle 23
10:30 Gospel Sounds in Residents' rooms	10:15 Daily Update, Deep Breathing & Stretching	10:30 Outside w/Finish the Line, CY	10:30 Spiritual Reading, AR	10:30 Outside w/Finish the Line, CY	10:15 Daily Update, Deep Breathing & Stretching	10:00 Individual Word finding and Crossword puzzle
2:00 Sunday Matinee, AR	10:30 Bible Trivia and Daily Word, AR	11:00 Physical Game: Horse Racing Outside, CY	11:15 Hand Sanitized & Lunch menu	11:00 Today in History	10:30 Door to door Trivia, AR	11:00 Individual Adult Coloring
5:45 Individual Art for the Heart	11:15 Hand Sanitized & Lunch menu	1:30 Trip: Scenic Ride	1:30 Hallway Bingo, AH	2:00 Yoga w/Tina, AR	11:15 Hand Sanitized & Lunch menu	2:30 Outside Sitting, AR
	1:30 Hallway Bingo, AH	2:00 Library Books	3:00 Name That Tune w/ at your Door Prizes	2:00 Individual Nature Artwork Painting	1:30 Hallway Bingo, AH	
	3:00 Name That Tune w/ at your Door Prizes		3:15 Outside w/Nature, CY	3:00 Outside Chat and Juice, CY	3:00 Door to Door Ice Cream Stop	
				3:15 Music in the Hallway Day	3:15 TGIF Happy Hour Social, AR	
9:30 Bible Scripture Reading, AR 24	MEMORIAL DAY 25	10:00 Coffee & Tea Time Talk, AR 26	10:15 Daily Update, Deep Breathing & Stretching 27	10:30 Outside w/ Finish the Line, CY 28	10:15 Book Club & Chat, AR 29	10:00 Individual Word finding and Crossword puzzle 30
10:30 Gospel Sounds in Residents' rooms	10:00 Fitness & Moves, AR	10:30 Outside w/Finish the Line, CY	10:30 Spiritual Reading, AR	11:00 Today in History	10:15 Daily Update, Deep Breathing & Stretching	10:00 Individual Word finding and Crossword puzzle
2:00 Sunday Matinee, AR	10:15 Daily Update, Deep Breathing & Stretching	11:00 Physical Game: Horse Racing Outside, CY	10:45 Spring Time Trivia Outside, CY	2:00 Individual Nature Artwork Painting	11:15 Hand Sanitized & Lunch menu	11:00 Individual Adult Coloring
5:45 Individual Art for the Heart	10:30 Spring Time Trivia, AR	12:30 Residents' Council Meeting, AR	11:15 Hand Sanitized & Lunch menu	3:00 Outside Chat and Juice, CY	1:30 Hallway Bingo, AH	2:30 Outside Sitting, AR
	11:15 Hand Sanitized & Lunch menu	2:00 Library Books	1:30 Hallway Bingo, AH	3:15 Music in the Hallway Day	3:00 Door to Door Ice Cream Stop	
	1:30 Hallway Bingo, AH		3:00 Name That Tune w/ at your Door Prizes			
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9:30 Bible Scripture Reading, AR 31						
10:30 Gospel Sounds in Residents' rooms						
2:00 Sunday Matinee, AR						
5:45 Individual Art for the Heart						