

Stroke Prevention Tips

A stroke happens when blood flow and oxygen to the brain are blocked, caused by a clot or a burst blood vessel. The good news is that 80% of strokes are preventable, and the risk can be lowered by following these tips:

Know your numbers — High blood pressure and high cholesterol both contribute to a higher stroke risk. Discuss any concerns about your numbers with your health care provider. Diet, exercise and medication can control these conditions.

Listen to your heart — People with atrial fibrillation (AF or Afib), a type of irregular heartbeat, are prone to blood clots that can travel to the brain, increasing stroke risk. If you suspect you have AF or a similar condition, talk with your doctor.

Look for connected conditions — Diabetes, sickle cell disease, and narrowing or hardening of the arteries are linked to a high stroke risk. If you are affected by any of these conditions, follow your doctor's instructions to help manage your symptoms.

Stay active — Exercise is an important way to help manage stroke risk factors. Movement also improves circulation. Aim for 30 minutes of exercise every day. Walking is a great option!

Words We Got From the Military

Military Appreciation Month, held every May, celebrates the members of the armed forces who have given so much to our nation. Among the military's contributions through the years is a registry of words and phrases that wouldn't exist without them. Here's a small sample:

Hotshot — This term for a talented, successful person likely came from the use of heated cannonballs, aka hot shots, to ignite enemy ships or buildings. Handling the volatile ammo was risky and required a lot of skill.

With flying colors — A naval ship returning home after a victory proudly displays their flags, called colors, from the masthead. The tradition of "coming through with flying colors" is now a metaphor for a victory such as acing a test or exceeding at a task.

Avant-garde — Describing someone or something that is new and unusual, typically referring to the arts, this comes from the French word for vanguard, or advance guard: a small group of soldiers who lead armed forces into battle.

Murphy's law — Pessimists are familiar with this philosophy of "If something can go wrong, it will." Capt. Edward A. Murphy gave this age-old concept a name while working on a project at Edwards Air Force Base in 1949. His fellow engineers credited the law for motivating them to find ways to avoid negative outcomes, making their project a success.

May Employee of the Month

Katina Hayes is our employee of the month for May. She is a CNA and has been employed with The Devonshire for six months. She loves serving others and especially working with seniors, listening to their stories and learning from them. She loves what she does and could never picture herself doing anything else. In her spare time, she likes spending time with her kids, shopping, cooking and baking. She also likes to spend time with her family every year in Nags Head.



The Devonshire Lifestyle

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

Like Us!

MAY 2022

March Birthday Celebration

A few pictures from our March Birthday Party for our residents. We had a very special birthday last month. Our resident, Ms. Charles, turned 100 years old. We had a wonderful celebration with birthday cake and entertainment with Buzz Raymond.



ASSISTED LIVING

MAY 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

Betty Humphrey, 2nd
Virginia Coles, 17th

Country Store

Tuesday
11 a.m.-Noon

Thursday
10-11 a.m.

“It would be wonderful to think that the future is unknown and sort of surprising.”
—Alan Rickman

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MAY DAY 1 9:15 Hampton Christian Church, AR 10:30 Gospel Sounds in Activity Room, AR 2:00 Sunday Afternoon at the Movies, AR 5:00 Individual Art	10:00 Exercise and Weights, CY 2 10:30 Hot Cocoa and Chat w/ Muffins, AR 11:00 30-Minute News: CNN, AR 1:30 Bingo w/Prizes, AR 3:30 Travel USA, AR	10:00 Coffee, Tea and Pastry Hour, AR 3 10:15 Brain Exercise w/Legacy, AR 11:00 Outside w/ Nature, CY 1:30 Nail Care, AR 2:00 At the Movies, AR 3:00 Nature Spring Flower, CY	10:00 Spiritual Reading, AR 4 10:30 Exercise and Weights, AR 1:30 Bingo w/Prizes, AR 2:30 Outside w/ Nature, CY 3:30 Uno and Chat Talk, AR	CINCO DE MAYO 5 11:00 Hot Topics: News, AR 1:30 Trip: Scenic Ride, O 2:30 Popcorn & Drinks, AR 3:00 Celebrating Cinco De Mayo, CY	6 10:00 Fitness and Fun, AR 2:00 Pre Mother’s Day Tea, AR 3:30 Uno and Chat Talk, AR	10:00 Individual Word Finding and Crossword Puzzle 7 11:00 Individual Adult Coloring 2:30 At Movies w/ Cookies, AR 3:00 Sports Hour (Men’s Group), AR
MOTHER’S DAY 8 9:15 Hampton Christian Church, AR 10:30 Gospel Sounds in Activity Room, AR 2:00 Sunday Afternoon at the Movies, AR 5:00 Individual Art	10:00 Fitness and Fun, AR 9 10:30 Outside w/ Nature, CY 11:00 30-Minute News: CNN, AR 1:30 Bingo w/Prizes, DR 3:00 World News and Drinks, AR	10:00 Bean Bag Toss, AR 10 10:15 Special Event w/ Legacy, AR 1:30 Nail Care, AR 2:00 At the Movies (Musical), AR 2:00 At the Movies, AR 3:00 Nature Spring Flower, CY 3:30 Library Books	11 10:00 Spiritual Reading, AR 10:30 Exercise and Weights, AR 11:00 Price Is Right, AR 1:30 Bingo w/Prizes, DR 3:30 Uno and Chat Talk, AR	12 10:00 Coffee and Tea w/ Pastries Chat, AR 11:00 Hot Topics: News, AR 2:00 at the Movies (James Bond), AH 2:30 Popcorn & Drinks, AR 5:00 Special Event (James Bond), DR	13 10:00 Fitness and Fun, AR 10:30 Family Feud Teams, AR 1:30 Bingo w/Prizes, DR 2:30 TGIF Social and Jazz & wine, AR 3:30 Uno and Chat Talk, AR	14 10:00 Individual Word Finding and Crossword Puzzle 11:00 Individual Adult Coloring 1:30 Trip: Scenic Ride 2:30 At Movies w/ Cookies, AR 3:00 Sports Hour (Men’s Group), AR
15 9:15 Hampton Christian Church, AR 10:30 Gospel Sounds in Activity Room, AR 2:00 Sunday Afternoon at the Movies, AR 5:00 Individual Art	16 10:00 Chair Exercise w/Weights, AR 11:00 30-Minute News: CNN, AR 1:30 Bingo w/Prizes, AR 2:30 Hot Cocoa and Holiday Cookies, AR 3:30 Card Games (Uno), AR	17 10:15 Brain Exercise w/Legacy, AR 1:30 Nail Care, AR 2:00 At the Movies, AR 2:30 National Poetry Month, AR 3:00 Nature Spring Flower, CY 3:30 Library Books	18 10:00 Spiritual Reading, AR 10:30 Exercise and Weights, AR 1:30 Bingo w/Prizes, DR 2:30 Nature Video on Wildlife, AR 3:30 Uno and Chat Talk, AR	19 10:00 Physical Games (Ball Toss), AR 10:00 Coffee and Tea w/ Pastries Chat, AR 11:00 Hot Topics: News, AR 1:30 Trip: Scenic Ride, O 2:30 Popcorn & Drinks, AR	20 10:00 Fitness and Fun, AR 10:30 Pre Armed Forces Day to Air Power Park Museum, O 11:00 News & Views, AR 1:30 Bingo w/Prizes, AR 3:30 Uno and Chat Talk, AR	21 10:00 Individual Word Finding and Crossword Puzzle 11:00 Individual Adult Coloring 2:30 At Movies w/ Cookies, AR 3:00 Sports Hour (Men’s Group), AR
22 9:15 Hampton Christian Church, AR 10:30 Gospel Sounds in Activity Room, AR 2:00 Sunday Afternoon at the Movies, AR 5:00 Individual Art	23 10:00 Fitness and Fun, AR 10:30 Finish Line and Second Chance, AR 11:00 30-Minute News: CNN, AR 1:30 Bingo w/Prizes, DR 3:00 Baking Cookies w/ Hot Cocoa, AR	24 10:15 Brain Exercise w/Legacy, AR 11:00 Price Is Right, AR 1:30 Nail Care, AR 2:00 At the Movies, AR 3:30 Library Books	25 10:00 Spiritual Reading, AR 10:30 Exercise and Weights, AR 1:30 Bingo w/Prizes, DR 2:00 Resident Council Meeting, AR 2:30 Menu Chat, AR 3:00 National Wine Day Social, AR	26 10:00 Physical Games (Ball Toss), AR 11:00 Hot Topics: News, AR 11:30 Trip: Lunch Outing, O 2:30 Popcorn & Drinks, AR 2:30 Nature Video in Africa, AR	27 10:00 Fitness and Fun, AR 11:00 Outside w/ Homemade Lemonades, CY 1:30 Bingo w/Prizes, DR 3:00 Happy Hour and Music, AR 3:30 Uno and Chat Talk, AR	28 10:00 Individual Word Finding and Crossword Puzzle 11:00 Individual Adult Coloring 1:30 Trip: Scenic Ride 2:30 At Movies w/ Cookies, AR 3:00 Sports Hour (Men’s Group), AR
29 9:15 Hampton Christian Church, AR 10:30 Gospel Sounds in Activity Room, AR 2:00 Sunday Afternoon at the Movies, AR 5:00 Individual Art	MEMORIAL DAY 30 10:00 Individual Walking (Hallway), AH 11:00 30-Minute News: CNN, AR 1:30 Memorial Day at the Movies, AR 2:30 Snack Time Social 3:30 Open Puzzle Table Time, AR	31 1:30 Nail Care, AR 2:00 At the Movies, AR 3:00 Nature Spring Flower, CY 3:30 Library Books				