

Genesis Rehab Services and Interim Healthcare

Did you know that The Devonshire has relations with Genesis as well as Interim Healthcare? Both of these companies have offices in The Devonshire Independent Living and are here to help our residents age in place.

- Interim Healthcare provides home health care, personal care and hospice services. Personal care aids are especially helpful for people who are temporarily sick or recovering from surgeries. Personal care aids can even do laundry, walk dogs or drive you in your car to appointments. To contact Interim, please call 757-873-3313.
- Genesis Rehab provides occupational, physical and speech therapy services. Occupational and physical therapies are generally paid for by Medicare and help people adjust to new environments and continue to stay strong. Free screenings are available!

Anyone interested in learning more, contact Dr. Joanne Burrell, Director of Rehab, in her office at room 241. Please call Dr. Burrell at 757-690-9211.

Fishing 'Reels'

The days are warm and the fish are biting. Hook one of these movies about fishing:

"The Old Man and the Sea" (1958) — Spencer Tracy plays a fisherman trying to reel in the catch of a lifetime in this film based on a short story by Ernest Hemingway.

"A River Runs Through It" (1992) — Fly-fishing serves as a metaphor for life and love in this drama set in 1920s Montana. The state's rivers and mountains provide a beautiful setting, captured by Academy Award-winning cinematography.

"Grumpy Old Men" (1993) — Retired Minnesota neighbors Max and John bicker and compete over everything, including who can get the biggest catch while ice fishing. Stars Jack Lemmon and Walter Matthau reunited in 1995 for a sequel that had them warm-weather angling for a prized catfish.

"Gone Fishin'" (1997) — Joe Pesci and Danny Glover star as two longtime friends from New Jersey who win a fishing trip to the Florida Everglades, but their fun flounders as one comedic thing after another goes wrong.

"The Perfect Storm" (2000) — This action-drama is based on the true story of a Massachusetts commercial swordfishing crew that sails into a fierce storm in the Atlantic Ocean.

Doughnut Diversity

The first Friday in June is National Doughnut Day in the U.S., but the love of fried dough is a global phenomenon. Treat yourself to this menu of doughnuts from around the world:

Berliner — This round German doughnut is filled with jam or marmalade and topped with powdered sugar or icing.

Paczki — Similar to Berliners, these Polish pastries are richer and typically filled with jam or cream. In Israel, the sufganiyah is a nearly identical treat.

Churro — A cinnamon and sugar mixture nestles into the ridged sides of this skinny, tube-shaped doughnut, a favorite in Mexico, where it is often dipped in chocolate sauce.

Youtiao — This lightly salted, chewy stick is also known as the Chinese cruller, and is typically dunked in rice porridge or soy milk at breakfast time.

Jalebi — Similar to funnel cakes, these treats made with fermented batter and soaked in saffron syrup are found throughout the Middle East and South Asia.

Koeksister — South Africa is home to this sticky braided doughnut, which is coated in a syrup flavored with cinnamon, ginger and lemon.

Loukoumades — A favorite in Greece and Turkey, these fried dough balls covered with honey and cinnamon were traditionally served to winners in the ancient Olympics.



The Devonshire Lifestyle



Assisted Living Community
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JUNE 2018

Happy Father's Day!

Wishing all the fathers, grandfathers and father-figures here at The Devonshire a special day with your family and friends. Hope you are showered with gifts and lots of love.

Vivian Whitfield

Life Enrichment Coordinator

Essential Exercise Types

Exercising regularly provides an abundance of health benefits, and varying activities is the key when it comes to physical fitness. Here are four types of exercise that experts say should be part of a well-rounded routine. Be sure to consult a doctor before starting a new exercise program.

Endurance — Also called cardiovascular or aerobic exercise, these activities target the heart, lungs and circulatory system by increasing your heart rate and breathing. Walking, dancing and swimming are examples of endurance exercises.

Strength — Muscle mass often declines with age, and strength training builds it back. This type of exercise makes you stronger, relieves joint pain and improves balance. Common forms of strength training include lifting weights, using resistance bands and doing arm curls and leg lifts.

Balance — Maintaining good balance is essential to preventing falls. Balance exercises often focus on the lower body. Tai chi, standing on one foot, and walking heel to toe in a straight line can improve balance.

Flexibility — Movements that stretch your muscles help you stay flexible and limber, making it easier to perform everyday activities, such as bending to tie your shoes. Stretching exercises and yoga improve flexibility.



ASSISTED LIVING

JUNE 2018

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

June Neel, 2nd

Madelon Stillwell, 10th

Marion Kersten, 10th

Transportation Schedule


Thursday, 11:10 a.m.

Lunch Outings

**"If you don't like
the road you're
walking, start paving
another one."**

—Dolly Parton

Activities Subject to Change

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
										10:00 Jazzy Exercise, AR 10:30 Book Club & Chat With Doughnuts, AR 11:00 It All Happened in June, AR 2:00 Bingo With Prizes, AR 6:00 Puzzles/Board Games, AR		10:00 Coupons Picking, AR 10:00 Charity Car Show 11:00 Individual Adult Coloring 6:45 Checkers, AR	
9:00 Sunday School, IA 9:30 Bible Scripture Reading, 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		10:00 Fitness & Moves, AR 10:30 Daily Update and Spiritual Reading, AR 11:00 June Word Games, AR 2:00 Bingo & Chocolate, AR 3:15 Gardening Outside, CY 6:45 Card Games, AR		9:45 Outside Walking in the Sun 10:00 Resident Council Meeting Representative Ombudsman, AR 11:00 Trivia Plus More..., AR 1:30 Nail Care (Satin Hands), AR 3:30 Nature Video on Birds, AR		10:00 Chair Exercise, AR 10:30 World News, AR 11:00 Health and Wellness Talk, AR 2:00 Bingo Bucks, AR 3:15 Art Expression, AR 6:45 Fun Flicks & Popcorn, AR		9:45 Walking Club 11:15 Trip: Lunch Outing, O 1:30 Trip: Scenic Ride, O 2:30 Drive-In Movie Day ("Casablanca"), AR 3:00 Popcorn Snack, AR		10:00 Jazzy Exercise, AR 10:30 Book Club & Chat With Doughnuts, AR 11:00 It All Happened in June, AR 2:00 Fun With Bingo, AR 3:30 Flower Arrangements (Roses), AR 6:00 Puzzles/Board Games, AR		10:00 Coupons Picking, AR 11:00 Individual Adult Coloring 6:45 Checkers, AR	
9:00 Sunday School, IA 9:30 Bible Scripture Reading, 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		10:00 Fitness & Moves, AR 10:30 Daily Update and Spiritual Reading, AR 11:00 June Word Games, AR 2:00 Bingo & Chocolate, AR 6:45 Card Games, AR		9:45 Outside Walking in the Sun 10:00 Hot Tea and Reminiscing, AR 11:00 Trivia Plus More..., AR 1:30 Nail Care (Satin Hands), AR 2:30 Peanut Butter Cookies Snacks, AR 3:30 Art Expression With Nature, AR		10:00 Chair Exercise, AR 10:30 World News, AR 11:00 Health and Wellness Talk, AR 2:00 Bingo Bucks, AR 6:45 Fun Flicks & Popcorn, AR		FLAG DAY 9:45 Walking Club 11:15 Trip: Lunch Outing, O 1:30 Trip: Scenic Ride, O 2:30 Physical Games (Golf), P 3:30 Sing Songs of America, AR		10:00 Jazzy Exercise, AR 10:30 Book Club & Chat With Doughnuts, AR 11:00 It All Happened in June, AR 2:00 Bingo With Prizes, AR 3:00 Pre-Father's Day Social/TGIF Social, AR 6:00 Puzzles/Board Games, AR		10:00 Coupons Picking, AR 11:00 Individual Adult Coloring 6:45 Checkers, AR	
FATHER'S DAY 9:00 Sunday School, IA 9:30 Bible Scripture Reading, 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		10:00 Fitness & Moves, AR 10:30 Daily Update and Spiritual Reading, AR 11:00 June Word Games, AR 2:00 Bingo & Chocolate, AR 6:45 Card Games, AR		9:45 Outside Walking in the Sun 10:00 Walking Warriors, AH 11:00 Trivia Plus More..., AR 1:30 Nail Care (Satin Hands), AR 3:00 Root Beer Floats, AR		10:00 Chair Exercise, AR 10:30 World News, AR 11:00 Health and Wellness Talk, AR 2:00 Bingo Bucks, AR 3:15 Gardening Care, CY 6:45 Fun Flicks & Popcorn, AR		SUMMER BEGINS 9:45 Walking Club 10:00 Physical Games (Golfing), AR 11:15 Trip: Lunch Outing, O 1:30 Trip: Scenic Ride, O 3:30 Sing Songs of America, AR 6:30 Laughaplooza Comedy Show, IL		10:00 Jazzy Exercise, AR 10:30 Book Club & Chat With Doughnuts, AR 11:00 It All Happened in June, AR 2:00 Fun With Bingo, AR 6:00 Puzzles/Board Games, AR		10:00 Coupons Picking, AR 11:00 Individual Adult Coloring 6:45 Checkers, AR	
9:00 Sunday School, IA 9:30 Bible Scripture Reading, 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		10:00 Fitness & Moves, AR 10:30 Daily Update and Spiritual Reading, AR 11:00 June Word Games, AR 2:00 Bingo & Chocolate, AR 6:45 Card Games, AR		9:45 Outside Walking in the Sun 10:30 Resident Council Meeting, AR 11:00 Trivia Plus More..., AR 1:30 Nail Care (Satin Hands), AR 3:00 Gardening Care, CY 7:00 North Hampton Church of Christ, DR		10:00 Chair Exercise, AR 10:30 World News, AR 11:00 Health and Wellness Talk, AR 2:00 Singalong With Bonnie, AR 3:15 Bingo Bucks, AR 6:45 Fun Flicks & Popcorn, AR		9:45 Walking Club 11:15 Trip: Lunch Outing, O 1:30 Trip: Scenic Ride, O 2:00 Yoga With Tina, AR 3:30 Sing Songs of America, AR		10:00 Jazzy Exercise, AR 10:30 Book Club & Chat With Doughnuts, AR 11:00 It All Happened in June, AR 1:45 Celebrating Birthdays of the Month, IL 2:30 Bingo With Prizes, AR 6:00 Puzzles/Board Games, AR		10:00 Coupons Picking, AR 11:00 Individual Adult Coloring 6:45 Checkers, AR	