

## The Longest Day

Every year on the summer solstice, the day with the most hours of sunlight, communities across the country gather to “outshine the darkness of Alzheimer’s.”

Since 2012, the Alzheimer’s Association has hosted The Longest Day on the first day of summer, which this year is Sunday, June 20. The name of the event refers to the long daylight hours of the summer solstice as well as the journey of the 50 million people worldwide who are living with Alzheimer’s disease and their caregivers.

Individuals take part in The Longest Day by creating or joining a team of family, friends and co-workers and planning a fundraising event that will take place from sunrise to sunset. Teams can choose any activity, such as a walk-a-thon, playing cards or bingo, baking, crafting, playing a sport, or volunteering for a service project. Virtual gatherings, online charity donations, and sending cards and care packages to people with dementia are additional ways of showing support.

In addition to wearing purple, the color for Alzheimer’s awareness, participants are encouraged to share stories and pictures of their Longest Day events on social media and use the hashtags #TheLongestDay and #ENDALZ. The Alzheimer’s Association features these photos on their website, ALZ.org.

## Going Gaga Over Goat Yoga

Fresh air, calming breaths, gentle stretching, and baby goats climbing all over you. For fans of goat yoga, that’s a prescription for happiness.

The unusual exercise has hopped all over the world during the last several years, but it all started in 2016 on a small farm in Oregon. Owner Lainey Morse regularly had friends over to hang out with her small herd of miniature goats, since being around them helped relieve stress and bring smiles to people’s faces. When a yoga instructor friend suggested having classes on the farm, Morse insisted the goats join.

Because goats are outgoing and playful, they’re ideal candidates for animal therapy. Adding them to a yoga session instantly creates a relaxed atmosphere. A nudge or nibble from a friendly kid can bring laughter and help folks feel at ease.

Since only small goats are used for yoga, some say having one climb on their back can feel a bit like a massage! The animals’ goofy antics also challenge participants to keep their focus during each pose, enhancing yoga’s mind-body benefits.

## Walk This Way

You probably know that walking is one of the best things you can do for your physical health and fitness. It’s the most popular exercise in the U.S. Making a point to hit the ground walking can provide major mental health benefits.

Walking outdoors in the sunshine and fresh air of a park, nature trail or any green space has been shown to activate parts of the brain that can calm worries and relax the body. Taking a walk in a blue space—that’s a place near a body of water such as a pond, river or beach—can also shift your mood to a positive mode.

Trying to figure out a solution to a problem or needing inspiration for an idea? The act of walking allows your mind to refocus and wander, which may produce that aha! moment.

If traditional meditation isn’t for you, get the same peaceful perks with a walking version by concentrating on your steps and breathing. Or make it an exercise in mindfulness by focusing on your senses. Search for things you can see, hear, touch and smell.

When is the last time you felt a sense of wonder? Go for a 15-minute walk someplace new. Researchers say observing even the small details of different surroundings can spark feelings of happiness and awe.

# The Devonshire *Lifestyle*



Assisted Living Community

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

JUNE 2021

## A Note From Our Executive Director

Dear Residents,

First, I hope all of the mothers had a wonderful Mother’s Day! You are so special to your families and we are happy you live here with us and we were able to celebrate you!

Summer is upon us and I want to remind all of our residents to please stay properly hydrated as the outside temperature will continue to rise. We look forward to continue sitting outside in our courtyards and enjoying upcoming outside entertainment! Check our Activity Calendar for the fun-filled events and activities.

June 20th is Father’s Day and we want to thank all the wonderful fathers for all of their love, dedication, sacrifices, and hard work. Our wonderful Activities Directors, Amy and Vivian, have planned nice ways to honor the dads on this very special day.

We are still seeking good neighbors to live at The Devonshire. If you have friends, family, or anyone else interested in moving to our beautiful senior living community, please have them contact our Sales Office. Remember, you will receive \$500 if they become a long term resident.

I hope you have a wonderful month!



Natalie

Sincerely,  
Natalie Fox  
Executive Director





## JUNE 2021

### Locations

Activities Room, AR  
Activities Room Hallway, AH  
Courtyard, 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

Jocelyn Howard, 5th  
Marion Wilson, 10th  
Herman Smith, 13th  
Shirley Vaughn, 14th  
Presley Vick, 24th

### Country Store

Tuesday & Thursday  
11 a.m.-Noon

“The sky is the ultimate  
art gallery just above us.”  
— Ralph Waldo Emerson

*Activities Subject to Change*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
		10:00 Coffee & Tea w/Pastries <sup>1</sup> <b>10:30 June Trivia and Word Games, AR</b> <b>1:30 Nail Care, AR</b> 2:30 Art and Crafts Time, AR 3:00 Library Books 3:30 Bird Day Nature video, AR	10:00 Spiritual Reading, AR <sup>2</sup> 10:30 Exercise and Weights, AR <b>11:00 Table Game Scrabble Club, AR</b> 1:30 Bingo w/Prizes, AH 3:00 Cookies and Cream, AR 3:15 Nature & Art, AR	10:00 Physical Games (Ball Toss), AR <sup>3</sup> <b>10:30 Trivia Guess Who?, AR</b> 11:00 Price Is Right w/Hot Apple Cider, AR <b>2:00 Craft Painting, AR</b> 3:30 Chips and Dip	10:00 Facts & Word Games, AR <sup>4</sup> 10:30 Fitness and Fun, AR 11:00 Individual Art Work and Word Search, AR 1:30 Bingo w/Prizes, AH <b>3:00 TGIF Social, AR</b>	10:00 Individual Word Finding and Crossword Puzzle <sup>5</sup> <b>11:00 Individual Adult Coloring</b> 2:30 At Movies w/ Cookies, AR <b>3:00 Sports Hour (Baseball), AR</b>	
	<sup>6</sup> Courtyard Chat, CY <b>10:00 TV Sunday Service, AR</b> 10:30 Gospel Sounds in Residents' Rooms 2:00 Sunday Afternoon Movie, AR 5:00 Individual Art	<sup>7</sup> 10:00 Fitness and Fun, AH <b>11:00 30 minute News Outlook, AR</b> 1:30 Bingo w/Prizes, AH <b>3:00 Outside w/ Lemonade &amp; Music, CY</b> 4:30 World News (CNN), AR	<sup>8</sup> 10:00 Coffee & Tea w/Pastries <b>10:30 June Trivia and Word Games, AR</b> <b>1:30 Nail Care, AR</b> <b>2:00 At the Movies (Residents' choice), AR</b> 2:30 Art and Crafts Time, AR 3:00 Library Books	<sup>9</sup> 10:00 Spiritual Reading, AR 10:30 Exercise and Weights, AR 1:30 Bingo w/Prizes, AH 3:00 Cookies and Cream, AR <b>3:30 Outside w/ Nature, CY</b>	<sup>10</sup> 10:00 Physical Games (Ball Toss), AR <b>10:30 Trivia Guess Who?, AR</b> 11:00 Price Is Right w/Hot Apple Cider, AR <b>2:00 Peace and Love the '60s, AR</b> 3:30 Chips and Dip	<sup>11</sup> 10:00 Facts & Word Games, AR 10:30 Fitness and Fun, AR 1:30 Bingo w/Prizes, AH <b>2:00 Jazz Appreciation w/a Taste of Wine</b> 3:30 Card Games, AR	<sup>12</sup> 10:00 Individual Word Finding and Crossword Puzzle <b>11:00 Individual Adult Coloring</b> 2:30 At Movies w/ Cookies, AR <b>3:00 Sports Hour (Baseball), AR</b>
	<sup>13</sup> Courtyard Chat, CY <b>10:00 TV Sunday Service, AR</b> 10:30 Gospel Sounds in Residents' Rooms 5:00 Individual Art	<sup>14</sup> FLAG DAY 10:00 Fitness and Fun, AH <b>11:00 30 minute News Outlook, AR</b> 1:30 Bingo w/Prizes, AH <b>3:00 Outside w/ Lemonade &amp; Music, CY</b> 4:30 World News (CNN), AR	<sup>15</sup> 10:00 Coffee & Tea w/Pastries <b>10:30 June Trivia and Word Games, AR</b> 11:00 Physical Game: Bean Bag Toss, AH <b>1:30 Nail Care, AR</b> 2:30 Art and Crafts Time, AR 3:00 Library Books	<sup>16</sup> 10:00 Spiritual Reading, AR 10:30 Exercise and Weights, AR 1:00 Bingo w/Prizes, DR <b>2:00 Music w/Cara Isadona McKinney, IL</b> 3:00 Cookies and Cream, AR 3:15 Nature & Art, AR	<sup>17</sup> 10:00 Physical Games (Ball Toss), AR <b>10:30 Trivia Guess Who?, AR</b> 11:00 Library Hour <b>2:00 Pre Father's Day Social, AR</b> <b>2:00 Father's Day Events (Beer and Root Beer Floats), AR</b> 3:30 Chips and Dip	<sup>18</sup> 10:00 Facts & Word Games, AR <b>10:00 Thrift Store in I/L Activity Room, IA</b> 10:30 Fitness and Fun, AR 11:00 News & Views, AR 1:30 Bingo w/Prizes, AH <b>3:00 Spring Walk Outside, CY</b>	<sup>19</sup> 10:00 Individual Word Finding and Crossword Puzzle <b>11:00 Individual Adult Coloring</b> 2:30 At Movies w/ Cookies, AR <b>3:00 Sports Hour (Baseball), AR</b>
	<sup>20</sup> FATHER'S DAY SUMMER BEGINS Courtyard Chat, CY <b>10:00 TV Sunday Service, AR</b> 10:30 Gospel Sounds in Residents' Rooms 5:00 Individual Art	<sup>21</sup> 10:00 Fitness and Fun, AH <b>11:00 30 minute News Outlook, AR</b> 1:30 Bingo w/Prizes, AH <b>3:00 Outside w/ Lemonade &amp; Music, CY</b> 4:30 World News (CNN), AR	<sup>22</sup> 10:00 Coffee & Tea w/Pastries <b>10:30 June Trivia and Word Games, AR</b> <b>12:30 Residents' Council Meeting, AR</b> <b>1:30 Nail Care, AR</b> 2:30 Art and Crafts Time, AR 3:00 Library Books	<sup>23</sup> 10:00 Spiritual Reading, AR 10:30 Exercise and Weights, AR 1:30 Bingo w/Prizes, AH 3:00 Cookies and Cream, AR	<sup>24</sup> 10:00 Physical Games (Ball Toss), AR <b>10:30 Trivia Guess Who?, AR</b> 11:00 Price Is Right w/Hot Apple Cider, AR 1:30 All About Nature Video, AR 3:30 Chips and Dip	<sup>25</sup> 10:00 Facts & Word Games, AR 10:30 Fitness and Fun, AR 11:00 Outside w/ Ring Toss, CY 1:30 Bingo w/Prizes, AH <b>3:00 Wine and Jazz in the Courtyard, CY</b> 3:30 Word Search Puzzle, AR	<sup>26</sup> 10:00 Individual Word Finding and Crossword Puzzle <b>11:00 Individual Adult Coloring</b> 2:30 At Movies w/ Cookies, AR <b>3:00 Sports Hour (Baseball), AR</b>
	<sup>27</sup> Courtyard Chat, CY <b>10:00 TV Sunday Service, AR</b> 10:30 Gospel Sounds in Residents' Rooms 5:00 Individual Art	<sup>28</sup> 10:00 Fitness and Fun, AH <b>11:00 30 minute News Outlook, AR</b> 1:30 Bingo w/Prizes, AH <b>3:00 Outside w/ Lemonade &amp; Music, CY</b> 4:30 World News (CNN), AR	<sup>29</sup> 10:00 Coffee & Tea w/Pastries <b>10:30 June Trivia and Word Games, AR</b> <b>1:30 Nail Care, AR</b> <b>2:00 Music w/Buz</b> <b>2:30 June Birthday Celebration w/ Music by Buz, AR</b> 3:00 Library Books	<sup>30</sup> 10:00 Spiritual Reading, AR 10:30 Exercise and Weights, AR 1:30 Bingo w/Prizes, AH 2:45 Art and Crafts time, AR 3:00 Cookies and Cream, AR			