

# The Devonshire *Lifestyle*



Like Us!



Assisted Living Community

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

## JUNE 2023

### 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. 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](http://ALZ.org).

### Father's Day Celebration

It's a day for dads! Please join us for a special event celebrating the men in our community. Check the calendar for details.

### Double the Hydration

Nutrition experts say you can double up your hydration by snacking on fresh produce. Eating fruits and veggies with a high water content, such as an apple or some carrot sticks, along with drinking H<sub>2</sub>O can help you stay better hydrated.



### A Note From Our Executive Director



Sincerely,  
Natalie Fox  
Executive Director

Dear Residents,  
I hope you are all enjoying the beautiful weather that we have been having. This is the perfect time to go on a scenic ride or outing. Make sure to check out our calendar to see dates and times. We have a Sock Hop scheduled on June 8th. We are looking forward to seeing you all out on the dance floor!

### Celebrating Dads Everywhere

Father's Day, the third Sunday each June, is a holiday that got its start in the U.S. back in the 1900s. Today, about 160 countries across the globe have a day set aside to honor dads.



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


Birthday

Jocelyn Howard - 6/05

Take a Bubble Break

The simple summertime activity of blowing soap bubbles can actually be an exercise in mindfulness! Controlling your breathing as you inhale and exhale helps relieve tension. Focusing on watching the bubbles float away can clear your mind of worries and bring back happy, nostalgic memories.

“The lemon is the symbol of tart refreshment; its color and fragrance lift our spirits before we even taste it.”  
—Lori Longbotham

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<div>1</div> <div>10:30 Door to Door Visits (one on one)</div> <div>11:00 Outside with Garden Care</div> <div>1:30 Trip: Williamsburg Museum</div> <div>2:30 Summertime Movie</div> <div>4:00 Uno and Puzzle time</div>	<div>2</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>3</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>4</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 (BASEBALL)</div> <div>5:30 Adult Coloring</div>	<div>5</div> <div>10:00 Exercise and weights</div> <div>10:30 Family Feud Game</div> <div>11:00 Things in May</div> <div>1:30 Bingo with Prizes</div> <div>3:00 Scrabble Club</div> <div>5:00 News at 5:00pm</div>	<div>6</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>7</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>8</div> <div>10:00 Physical Games</div> <div>10:30 Door to Door Visits (one on one)</div> <div>11:00 Outside with Garden Care</div> <div>2:30 Summertime Movie</div> <div>4:00 Uno and Puzzle time</div> <div>5:00 Special Event “Sock Hop”</div>	<div>9</div> <div>10:00 Exercise and weights</div> <div>10:30 Facts and Word Games</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>10</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>11</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 (BASEBALL)</div> <div>5:30 Adult Coloring</div>	<div>12</div> <div>10:00 Exercise and weights</div> <div>10:30 Family Feud Game</div> <div>11:00 Things in May</div> <div>1:30 Bingo with Prizes</div> <div>3:00 Scrabble Club</div> <div>5:00 News at 5:00pm</div>	<div>13</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>14</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>15</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 Outside with Garden Care</div> <div>2:30 Summertime Movie</div> <div>4:00 Uno and Puzzle time</div>	<div>16</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 FATHER’S DAY SOCIAL</div> <div>3:00 Art and Crafts</div> <div>6:00 Friday at the Movies</div>	<div>17</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>18</div> <div>HAPPY FATHER’S DAY</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 (BASEBALL)</div> <div>5:30 Adult Coloring</div>	<div>19</div> <div>Juneteenth</div> <div>10:00 Exercise and weights</div> <div>10:30 Family Feud Game</div> <div>11:00 Things in May</div> <div>1:30 Bingo with Prizes</div> <div>3:00 Scrabble Club</div> <div>5:00 News at 5:00pm</div>	<div>20</div> <div>SPIRIT WEEK</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>21</div> <div>FIRST DAY OF SUMMER</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>22</div> <div>10:00 Physical Games</div> <div>10:30 Door to Door Visits (one on one)</div> <div>11:00 Outside with Garden Care</div> <div>2:30 Summertime Movie</div> <div>4:00 Uno and Puzzle time</div>	<div>23</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>24</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>25</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 (BASEBALL)</div> <div>5:30 Adult Coloring</div>	<div>26</div> <div>10:00 Exercise and weights</div> <div>10:30 Family Feud Game</div> <div>11:00 Things in May</div> <div>1:30 Bingo with Prizes</div> <div>3:00 Scrabble Club</div> <div>5:00 News at 5:00pm</div>	<div>27</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>28</div> <div>10:15 Fitness and Fun</div> <div>11:00 Spiritual Reading</div> <div>1:30 Bingo with Prizes</div> <div>2:30 Resident Council Meeting and Menu Chat</div> <div>3:30 Dominoes Club and Puzzles</div>	<div>29</div> <div>10:00 Trip: Blue Bird Farm</div> <div>10:30 Door to Door Visits (one on one)</div> <div>11:00 Outside with Garden Care</div> <div>2:30 Summertime Movie</div> <div>4:00 Uno and Puzzle time</div>	<div>30</div> <div>10:00 Exercise and weights</div> <div>10:30 Facts and Word Games</div> <div>10:30 Trip: Lunch Outing (Texan Road House)</div> <div>2:00 Bingo with Prizes</div> <div>3:00 Art and Crafts</div> <div>6:00 Friday at the Movies</div>	



## June Employee of the Month

Vernon Trusdale is our employee of the month for June. He is an Assisted Living Attendant. He has been working with us for 5 months. He enjoys the family type environment and the camaraderie between the staff and residents. In his free time, he enjoys writing R&B style music, playing piano, spending time with his daughter, cooking, reading, and going to the gym. His favorite foods are Thai cuisine and sushi. He is also planning a trip in the near future to visit Tokyo.



## A Grape Solution

Stuck with a bunch of mushy grapes? Turn them into a sweet summertime snack. Pull the fruits off the stem, wash and dry them, then place in a zip-top bag and freeze them overnight. Enjoy them as a refreshing treat or use them as flavorful ice cubes in a drink.

## Quench Thirst With Lemonade

For many, nothing satisfies summertime thirst better than a chilled glass of lemonade. Research shows that sour flavors stimulate salivation, which hydrates the mouth and creates a thirst-quenching feeling long after the drink is finished. Additional studies also suggest that tart flavors and scents, especially citrus, are often associated with refreshment.



## Happy Juneteenth

Commemorating the end of slavery in the U.S., Juneteenth takes place on June 19 every year. On that date in 1865, U.S. troops arrived in Galveston, Texas, the western-most state at the time, to announce the end of the Civil War. The following year, freed slaves celebrated the anniversary as Jubilee Day, and the festive tradition spread through the remaining states, eventually becoming a federal holiday.



## Playing With Sand

Just like building a sandcastle on a beach can evoke happiness, so can playing with sand as a form of sensory therapy. Sand has a long history of use in counseling sessions, and therapists say working with both wet and dry sand can ease feelings of anxiety and help a busy mind focus.



## A Dose of Vitamin Sea

"The waves of the sea help me get back to me." —Jill Davis