

Your Guide to the Games

Every four years, athletes from all over the world go for the gold at the Summer Olympics.

- This year's competition will be the 32nd Summer Games.
- They are set to begin July 23. Closing ceremonies are scheduled for Aug. 8.
- Tokyo is hosting the games. Japan's capital city hosted the Olympics once before, in 1964.
- Athletes representing about 200 countries will compete in over 30 sports.
- Four new sports will make their debut at these games: karate, surfing, skateboarding and sport climbing.
- Many fans are excited about two returning sports, baseball and softball. And there will be new events for some existing sports, including the popular 3-on-3 basketball.
- The medals awarded at the Tokyo Games will be made of metals recycled from electronic devices, such as cellphones, that were donated by people across Japan.
- Team USA will wear eco-friendly competition uniforms designed by Nike. The company says it used recycled materials to make the red, white and blue gear.
- As is tradition, the Paralympic Games will follow the Olympics and run Aug. 24—Sept. 5.
- The competition will travel to Paris for the 2024 Games.

The Path to Liberty

The 13 Colonies' fight for independence began in Boston over two centuries ago. Today, visitors can step into history by walking the Freedom Trail through the city.

The 2.5-mile red brick path links 16 historic sites, famous for their role in the American Revolution and the nation's early days. Here are some notable stops:

Boston Common — The south end of the trail starts here, at America's oldest public park, founded in 1634. Hundreds of Redcoats camped on its 45 acres during the British occupation.

Faneuil Hall — Called the Cradle of Liberty, this building was the site for town meetings and public protests of royal decrees. The structure was named for Peter Faneuil, a merchant who built it as the city marketplace.

Old South Meeting House — Over 5,000 Colonists packed Boston's largest public building at the time to rally against the tea tax, a protest that led to the Boston Tea Party.

Bunker Hill Monument — A 221-foot-tall granite pillar commemorates the 1775 Battle of Bunker Hill, which was the Revolution's first major clash.

The USS Constitution warship, Massachusetts State House, Paul Revere House, the Old North Church and other churches and cemeteries are included on the trail. For a virtual tour, go to TheFreedomTrail.org.

Little Berries, Big Benefits

Called nature's candy, blueberries are proof of the saying, "A little goes a long way." A lot of health benefits are packed into these small fruits.

Blueberries have grown to be a top food pick over the past decade for two main reasons: their sweet taste and nutrition. On their own, they're an easy-to-eat, fresh snack, and when added to yogurt, cereal, pancakes and salads, they deliver a punch of color, flavor and nutrients.

The superfood is a low-calorie, high-fiber fruit. But this berry gets its biggest health boost from its deep-blue color. That comes from anthocyanin, a powerful antioxidant that research suggests may provide protection from heart disease, cancer and cognitive decline.

Blueberries are a good source of vitamin C, which supports healthy immunity; vitamin K, essential for bone health; and manganese, a mineral needed for metabolism.

If you've bitten into a blueberry, you know that it's a juicy fruit. Since the berries contain mostly water, they fill you up fast and are hydrating.

Now is the prime time for fresh blueberries, but the fruits are available year-round. Dietitians say their potential benefits make eating them a habit you can feel good about.

The Devonshire Lifestyle

Assisted Living Community
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JULY 2021

A Note From Our Executive Director

Happy July!

What an awesome month to celebrate our independence here in America! We look forward to celebrating with you at a fun party we have planned with our Activity Department.

I want to say thank you to everyone who has followed the guidelines that have made us successful in keeping Covid-19 out of The Devonshire. It's so exciting to be on our way to getting back to normal and out of the Pandemic I believe all of us will remember for the rest of our lives! Just a reminder, if you haven't gotten your Covid-19 vaccine and would like to, we can help you set up an appointment at a local pharmacy. Please watch out for our memos and Activity Calendar for new updates as we transition out of some of the restrictions that were in place.

I look forward to continuing a fun summer with you!

Sincerely,
Natalie Fox, LALA
Executive Director

August Employee of the Month

Our August Employee of the Month is Seequana (See) Smith. She is a very dedicated and well-loved CNA.

She loves being able to bring joy to the seniors. She loves listening to the residents' stories and hearing them share memories.

She loves Caribbean food and barbecue. In her spare time she enjoys listening to music, spending time with her family, and visiting her hometown in New York.



JULY 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

Robert Davis, 8th
Jessie McLean, 16th
Lillian Watkins, 19th
Evelyn Minniear, 29th

Country Store

Tuesday & Thursday
11 a.m.-Noon

“To be a champion you
must act like one.”

—Lou Ferrigno

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
INDEPENDENCE DAY ⁴	10:00 Fitness and Fun, AH ⁵	10:00 Coffee & Tea w/Pastries ⁶	10:00 Spiritual Reading, AR ⁷	10:00 Physical Games (Ball Toss), AR ⁸	10:00 Facts & Word Games, AR ²	10:00 Individual Word Finding and Crossword Puzzle ³
Courtyard Chat, CY	11:00 30 minute News Outlook, AR	10:30 July Trivia and Word Games, AR	10:30 Exercise and Weights, AR	10:30 Trivia Guess Who?, AR	10:30 Fitness and Fun, AR	11:00 Individual Adult Coloring
10:30 Gospel Sounds in Residents' Rooms	1:30 Bingo w/Prizes, AH	1:30 Nail Care, AR	1:30 Bingo w/Prizes, AH	11:00 Price Is Right w/Hot Apple Cider, AR	1:30 Bingo w/Prizes, AH	2:30 At Movies w/ Cookies, AR
2:00 Sunday Afternoon Movie, AR	3:00 Outside w/ Lemonade & Music, CY	3:00 Library Books	3:00 Baking Cookies and Music, AR	2:00 Make Your Own Sundae Day, AR	2:30 Pre 4th of July Social, AR	3:00 Sports Hour (Baseball), AR
5:00 Individual Art	4:30 World News (CNN), AR	3:30 Bird Day Nature video, AR	3:15 Nature & Art, AR	3:30 Chips and Dip	3:30 4th of July Documentary, AR	
11	12	13	14	15	16	17
Courtyard Chat, CY	10:00 Fitness and Fun, AH	10:00 Coffee & Tea w/Pastries	10:00 Spiritual Reading, AR	10:00 Physical Games (Ball Toss), AR	10:00 Facts & Word Games, AR	10:00 Individual Word Finding and Crossword Puzzle
10:00 TV Sunday Service, AR	11:00 30 minute News Outlook, AR	10:30 July Trivia and Word Games, AR	10:30 Exercise and Weights, AR	10:30 Trivia Guess Who?, AR	10:30 Fitness and Fun, AR	11:00 Individual Adult Coloring
10:30 Gospel Sounds in Residents' Rooms	1:30 Bingo w/Prizes, AH	1:30 Nail Care, AR	1:30 Bingo w/Prizes, AH	11:00 Library Hour	11:00 News & Views, AR	2:30 At Movies w/ Cookies, AR
5:00 Individual Art	3:00 Outside w/ Lemonade & Music, CY	2:00 At the Movies (Residents' choice), AR	3:00 Baking Cookies and Music, AR	11:00 Price Is Right w/Hot Apple Cider, AR	1:30 Bingo w/Prizes, AH	3:00 Sports Hour (Baseball), AR
	4:30 World News (CNN), AR	3:00 Library Books	3:30 Outside w/ Nature, CY	3:30 Chips and Dip	3:00 Spring Walk Outside, CY	
18	19	20	21	22	23	24
Courtyard Chat, CY	10:00 Fitness and Fun, AH	10:00 Coffee & Tea w/Pastries	10:00 Spiritual Reading, AR	10:00 Physical Games (Ball Toss), AR	10:00 Facts & Word Games, AR	10:00 Individual Word Finding and Crossword Puzzle
10:00 TV Sunday Service, AR	11:00 30 minute News Outlook, AR	10:30 July Trivia and Word Games, AR	10:30 Exercise and Weights, AR	10:30 Trivia Guess Who?, AR	10:30 Fitness and Fun, AR	11:00 Individual Adult Coloring
10:30 Gospel Sounds in Residents' Rooms	1:30 Bingo w/Prizes, AH	1:30 Nail Care, AR	1:30 Bingo w/Prizes, AH	11:00 Price Is Right w/Hot Apple Cider, AR	11:00 Outside w/ Ring Toss, CY	2:30 At Movies w/ Cookies, AR
5:00 Individual Art	3:00 Outside w/ Lemonade & Music, CY	2:30 Summertime Movie, AR	3:00 Baking Cookies and Music, AR	1:30 All About Nature Video, AR	1:30 Bingo w/Prizes, AH	3:00 Sports Hour (Baseball), AR
	4:30 World News (CNN), AR	3:00 Library Books	3:15 Nature & Art, AR	3:30 Chips and Dip	3:30 Word Search Puzzle, AR	
25	26	27	28	29	30	31
Courtyard Chat, CY	10:00 Fitness and Fun, AH	10:00 Coffee & Tea w/Pastries	10:00 Spiritual Reading, AR	10:00 Physical Games (Ball Toss), AR	10:00 Facts & Word Games, AR	10:00 Individual Word Finding and Crossword Puzzle
10:00 TV Sunday Service, AR	11:00 30 minute News Outlook, AR	10:30 July Trivia and Word Games, AR	10:30 Exercise and Weights, AR	10:30 Trivia Guess Who?, AR	10:30 Fitness and Fun, AR	11:00 Individual Adult Coloring
10:30 Gospel Sounds in Residents' Rooms	1:30 Bingo w/Prizes, AH	12:30 Residents' Council Meeting, AR	1:30 Bingo w/Prizes, AH	11:00 Price Is Right w/Hot Apple Cider, AR	11:00 Outside Chat in the Courtyard, CY	2:30 At Movies w/ Cookies, AR
5:00 Individual Art	3:00 Outside w/ Lemonade & Music, CY	1:30 Nail Care, AR	3:00 Baking Cookies and Music, AR	2:00 Music w/Phil Poteat (Il Side), IL	1:30 Bingo w/Prizes, AH	3:00 Sports Hour (Baseball), AR
	4:30 World News (CNN), AR	3:00 Library Books		3:30 Chips and Dip	3:00 Tgif Social Hour, AR	