

The Devonshire *Lifestyle*



Like Us!



Assisted Living Community

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A National Celebration

More than any other holiday, Independence Day unifies our country. Citizens put aside their differences and remember our many reasons for national pride. "From sea to shining sea," our abundant natural resources support and inspire us. Our diverse populations are the source of our collective strength. Our freedoms and ideals are an inspiration for people around the globe. This Independence Day, we hope that you will experience the full meaning of this special event.

Our office will be closed on July 4 so that our team can also celebrate the birthday of our great nation.



Hello, Summer!

Welcome to the days of porch-sitting, ice cream socials and cookouts! I hope you enjoy these warmer days and take advantage of our many summertime celebrations. I'll be seeing you around our community, and please stop by my office anytime!



JULY 2023

A Note From Our Executive Director



Greetings to all our residents! We are so happy you have made your home in our community. If you have any questions or concerns, or simply want to say "hello," please stop by my office! My door is always open, and I would love to hear from you. Our special event this month is a '50s themed "Sock Hop".

Dan Smith will be providing our Entertainment. So please join us on July 13th for a fun-filled evening!

Your Voice, Your Right

The 26th Amendment to the U.S. Constitution was ratified July 1, 1971, granting the right to vote to all American citizens 18 and older. Previously, the minimum voting age was 21. Honor this historic event by learning about issues and taking part in local, state and federal elections.

Sit Back and Relax

Recognized for their reclined back and wide armrests, Adirondack chairs invite you to lean back and lounge awhile. This popular design has been copied since it was first created in 1903 by Thomas Lee. He used wood from local evergreen trees to build a comfortable yet sturdy outdoor chair for his home in New York's Adirondack Mountains, giving the chair its name.

July Employee of the Month



Congratulations to our employee of the month, Cynthia Ford. Cynthia has been employed with us for 24 years. She works as a part-time server in dining. Cynthia enjoys making our residents happy and seeing them smile. When she is not working, she enjoys going on motorcycle rides with her husband, putting together puzzles, and helping taking care of her grandchildren. One of her favorite foods is fried chicken. She enjoys going to Las Vegas occasionally for vacation. She plans to visit Jamaica sometime in the future.

A Wonderful Wildflower

The native North American wildflower known as coneflower brightens prairies, roadsides, parks and gardens with cheerful blooms that attract butterflies, bees and birds. The flowers, which belong to the daisy family, get their name from their spiny seed heads that resemble a cone. The classic purple coneflower is the most popular, but you'll also see white, red, orange, yellow and pink varieties.

Here's the Scoop

National Ice Cream Day is July 16, and businesses often churn out freebies and specials to celebrate.



A Little Self-Reflection

July 3 is Compliment Your Mirror Day—but why not start every day with a self-esteem boost? Therapeutic research has shown that looking in a mirror while giving yourself an encouraging pep talk has stronger soothing effects than just saying the words alone.

Hot Diggity Dog!

Americans love hot dogs, eating about 20 billion of them a year. Back in the 1890s, college students began using "Hot dog!" as an exclamation of surprise, which evolved into "Hot diggity dog!" in the Roaring '20s. The sausages are also linked to Disney history: The first words spoken on screen by Mickey Mouse, playing a concession cart owner in the 1929 short "The Karnival Kid," were "Hot dogs! Hot dogs!"



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.



Cannonball!

July 11 is National Swimming Pool Day!