

A Special Place In My Heart

The following poem just about says what I feel about all my residents that I have grown to love over the last 4 3/4 years that I have worked here. Words cannot express how much joy you have given me over the years. We have gone on some amazing adventures (getting lost in the process), had some great laughs, and have given each other many hugs. You have changed my life forever ...

I have a special place deep within my heart,
It's not very big but it's the most important part,
It's bright and cozy, quite warm indeed,
Colored with charm yet never greed,
There is no anger, nor regret, nor sorrow,
It's full of joy and thoughts of tomorrow,
This spot I've saved so carefully to share with but a few,
It's full of memories ... the ones I keep of you!
This precious place within my heart I've set aside with care,
To hold onto every special moment of the friendship that we share,
You are a priceless treasure just in case you didn't know ...
You mean so very much to me and I just had to tell you so.

Love,
Bonnie

P.S. I will be sure to visit and bring you some of Tommy's cake!

Photos of the Month



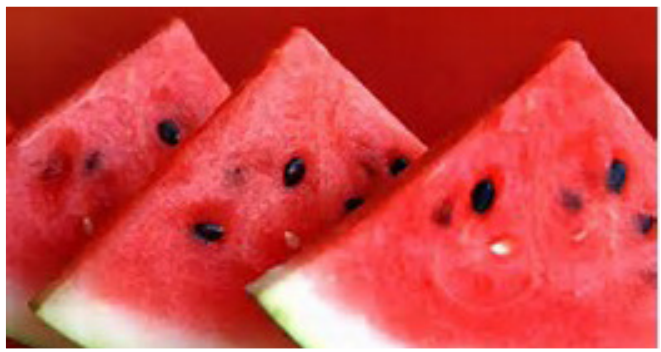
We greatly enjoyed the Matinee Idlers Barbershop Chorus. They sang some wonderful old songs that brought back some sweet memories!

New Resident!

Please welcome our new resident Florence Petterson in apartment 148. We are so glad to have her here with us at The Devonshire.



We had a wonderful time at our first Chair Zumba class. The music was great! She had us dancing in our seats.



Ten Facts You Never Knew About Watermelon

Watermelon is everyone's favorite summer fruit — or is it? Did you know that the watermelon isn't even a fruit? Yeah, neither did I. Here are 10 other interesting facts about watermelon guaranteed to impress fellow picnic guests.

The Facts:

1. Not only does it quench your thirst, it can also quench inflammation that contributes to conditions like asthma, atherosclerosis, diabetes, colon cancer and arthritis.
2. Over 1,200 varieties of watermelon are grown worldwide.
3. Watermelon is an ideal health food because it doesn't contain any fat or cholesterol, is high in fiber and vitamins A and C and is a good source of potassium.
4. Pink watermelon is also a source of the potent carotenoid antioxidant, lycopene. These powerful antioxidants travel through the body neutralizing free radicals.
5. Watermelon is a vegetable! It is related to cucumbers, pumpkins and squash.
6. Early explorers used watermelons as canteens.
7. Watermelon is grown in over 96 countries worldwide.
8. In China and Japan, watermelon is a popular gift to bring a host.
9. In Israel and Egypt, the sweet taste of watermelon is often paired with the salty taste of feta cheese.
10. Every part of a watermelon is edible, even the seeds and rinds.



The Devonshire Lifestyle

Assisted Living Community
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Like Us!

August 2017

The Devonshire News, August 2017

Dear Residents, Families and Friends,

Well, we are definitely in the “Dog Days of Summer”! This is known as the hottest month of the year, so please remember to drink plenty of fluids to keep from getting dehydrated.

There are some great socials, four outings and some awesome entertainment scheduled for this month. Please make sure to check the calendar for dates and event times.

Remember to keep smiling every day! Not only will smiling help you feel better, it can also cheer up whoever you happen to encounter throughout the day.

— *Starr Caulder*, EXECUTIVE DIRECTOR

Top Dogs

They steal our hearts and make us laugh. Some of the world's most memorable stars have been canines. Celebrate these “pup” culture icons on National Dog Day, Aug. 26.

Petey — The original pooch in “The Little Rascals” kid comedies had a partial black circle around one eye, which makeup artists completed with dye, giving him the distinctive look he’s known for.

Pluto — Since 1930, Mickey Mouse’s pet and faithful sidekick has entertained audiences with his silly facial expressions and playful personality.

Toto — Dorothy’s loyal companion, who journeyed with her from their Kansas farm to a magical land in the classic film “The Wizard of Oz,” was played by a black cairn terrier named Terry.

Snoopy — Sleeping on top of his doghouse, pretending to be a World War I flying ace, and writing stories on his typewriter are just a few of the quirky pastimes of Charlie Brown’s pet beagle in the “Peanuts” comic strip.

Benji — This heroic mixed-breed mutt, who gets in many predicaments but always manages to save the day, became a box office star when his first film debuted in 1974.



AUGUST 2017

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

Transportation Schedule

- Thursday
- 11 a.m.
- Lunch Outings
- Sunday
- 2:00-4:00pm
- Bus Ride

Birthdays

- Faye Moore, 3rd Employee
- Ty'Anna Gooding, 11th Employee
- Lois Davis, 12th
- Cheryl McCloud, 13th Employee
- Ryan Frazier, 18th Employee
- Terrie Galay, 30th Employee

“It ain’t the heat,
it’s the humility.”
—Yogi Berra

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
		9:45 Walking Warriors, AH 10:30 Lemonade & Conversation, AR 2:00 Nail Care, AR 6:45 Card Games, AR	10:00 Chair Exercise, AR 10:30 Ring Toss, AR 2:00 Watermelon Social, DR 6:45 Fun Flicks & Popcorn, AR	10:00 Chair Zumba, AR 11:15 Day Trip With Lunch Outing, O 6:45 Card Games, AR	10:00 Chair Exercise, AR 10:30 Book Club & Doughnuts, AR 1:45 Snack Bingo, AR 3:15 Fun With Trivia, AR 6:45 Jigsaw Puzzle Time, AR	2:00 Cinema Saturdays, AR 6:45 Checkers, AR
6	7	8	9	10	11	12
9:00 Sunday School, IA 9:45 Bible Scripture Reading (Ms. Dawn Taylor), AR 2:00 Bus Ride, O 6:45 Art for the Heart, AR	10:00 Chair Exercise, AR 10:30 Book Club, AR 2:00 Root Beer Float Social, DR 6:45 Card Games, AR	9:45 Walking Warriors, AH 10:30 Lemonade & Conversation, AR 2:00 Nail Care, AR 6:45 Card Games, AR	10:00 Chair Exercise, AR 10:30 Ring Toss, AR 1:30 Bean Bag Toss, AR 2:30 Bingo, AR 6:45 Fun Flicks & Popcorn, AR	9:50 Toss & Catch, AR 10:30 Reminiscing, AR 1:15 Bus Ride/ Possible Movie Outing, TBA, O 6:45 Card Games, AR	10:00 Chair Exercise, AR 10:30 Book Club & Doughnuts, AR 2:00 Vinnie Knight, IL 3:15 Dancing to the Music, AR 6:45 Jigsaw Puzzle Time, AR	2:00 Cinema Saturdays, AR 6:45 Checkers, AR
13	14	15	16	17	18	19
9:00 Sunday School, IA 9:45 Communion (Bill Carlton), AR 2:00 Bus Ride, O 6:45 Art for the Heart, AR	10:00 Chair Exercise, AR 10:30 Book Club, AR 1:30 Dancing to the Music, AR 2:30 Bingo, AR 6:45 Card Games, AR	9:45 Walking Warriors, AH 10:30 Lemonade & Conversation, AR 2:00 Nail Care, AR 6:45 Card Games, AR	10:00 Chair Exercise, AR 10:30 Ring Toss, AR 2:00 John Stroud, DR 3:15 Finishing Lines, AR 6:45 Fun Flicks & Popcorn, AR	10:00 Chair Zumba, AR 11:15 Day Trip w/Lunch Outing & Thrift Store Shopping, O 6:45 Card Games, AR	10:00 Chair Exercise, AR 10:30 Book Club & Doughnuts, AR 1:45 Snack Bingo, AR 3:15 Fun With Trivia, AR 6:45 Jigsaw Puzzle Time, AR	2:00 The Lyrics, DR 6:45 Checkers, AR
20	21	22	23	24	25	26
9:00 Sunday School, IA 9:45 Bible Scripture Reading (Ms. Dawn Taylor), AR 2:00 Bus Ride, O 6:45 Art for the Heart, AR	10:00 Chair Exercise, AR 10:30 Book Club, AR 1:30 Bean Bag Toss, DR 2:30 Bingo, AR 6:45 Card Games, AR	9:45 Walking Warriors, AH 10:30 Lemonade & Conversation, AR 2:00 Nail Care, AR 6:45 Card Games, AR 7:00 North Hampton Church of Christ, DR	9:30 Resident Meeting, AR 10:00 Chair Exercise, AR 10:30 Ring Toss, AR 2:00 Snack Bingo, AR 6:45 Fun Flicks & Popcorn, AR	10:00 Chair Yoga With Tina, AR 1:15 Bus Ride, O 6:45 Card Games, AR	10:00 Chair Exercise, AR 10:30 Book Club & Doughnuts, AR 2:00 Birthday Party With Elmo Lawrence, IL 6:45 Jigsaw Puzzle Time, AR	2:00 Cinema Saturdays, AR 6:45 Checkers, AR
27	28	29	30	31		
9:00 Sunday School, IA 9:45 Knowing the Words of Jesus (Bill Carlton), AR 2:00 Bus Ride, O 2:00 Sharon Baptist Church, DR 6:45 Art for the Heart, AR	10:00 Chair Exercise, AR 10:30 Book Club, AR 1:30 Dancing to the Music, AR 2:30 Bingo, AR 6:45 Card Games, AR	9:45 Walking Warriors, AH 10:30 Lemonade & Conversation, AR 2:00 Nail Care, AR 6:45 Card Games, AR	10:00 Resident Meeting, AR 10:00 Chair Exercise, AR 1:45 An Afternoon w/ Abbott & Costello Social, AR 6:45 Fun Flicks & Popcorn, AR	9:50 Toss & Catch, AR 10:30 Reminiscing, AR 11:15 Day Trip With Lunch Outing, O 6:45 Card Games, AR		