

# The Devonshire *Lifestyle*



Like Us!



Assisted Living Community

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## AUGUST 2022

### A Note From Our Executive Director



Happy August! 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. We are having a Hawaiian Luau on Thursday, August 11th. We had so much fun at our Luau last year. You do not want to miss it!

Sincerely,  
Natalie Fox  
Executive Director

### 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.



### 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.

### Soothing Skin Care

Long celebrated as a healthy beverage, green tea and its benefits can now be found brewing in the beauty aisle. Matcha, the name for dried and crushed green tea leaves, is a trendy ingredient in products such as lotions, soaps, face masks and lip balms. The plant's high levels of antioxidants, vitamin K and other compounds have a calming effect on skin and even provide some protection from sun damage.

### Gospel Great

Known as the father of gospel music, Thomas A. Dorsey was born July 1, 1899, in Georgia. A piano and organ player since childhood, he composed more than 400 songs during his lifetime, including the famous hymn "Take My Hand, Precious Lord."



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	1 10:00 Exercise and weights 10:30 Keep minds alert Trivia 11:00 Fun with Price is Right 12:30 30-Minute News: 1:30 Bingo with Prizes <b>3:00 Travel Video (where are you from?)</b>	2 <b>10:00 Brain Exercise with Legacy</b> 10:30 Coffee, Tea and Pastries <b>11:00 Outside with Nature</b> <b>1:30 Satin Nail</b> <b>2:30 Special Documentary</b> 3:00 Snacks and Drinks	3 10:00 Spiritual Reading 10:15 Exercise and weights 11:00 Fun with Price is Right <b>1:30 Birds Unlimited</b> 3:00 Snack Time Social with Trivia	4 10:15 Coffee, Tea and Pastries 10:30 Hallway Individual Walking 11:00 30-minute News break <b>2:00 Music with Buz.</b> 3:30 Library Hour	5 10:00 Fitness and Fun 10:30 Would you rather Games? 11:00 Fun with Price is Right 2:30 Bingo with Prizes <b>3:30 Friday Old School Music</b>	6 10:00 Individual Word Finding and Crossword Puzzle 10:30 Adult Coloring 11:00 Easy Listening Music <b>1:30 Music with Rev. Harris</b> 2:30 Saturday Western 5:00 Sports Hour time	
	7 <b>9:30 Hampton Christian Church</b> 10:30 Gospel Sounds Activity room 11:00 Individual Walking in Courtyard 2:00 At the Movies (residents' choice) 5:00 Adult Coloring	8 10:00 Exercise and weights 10:30 Keep minds alert Trivia 11:00 Fun with Price is Right 12:30 30-Minute News: 1:30 Bingo with Prizes <b>3:00 Travel Video (where are you from?)</b>	9 <b>10:00 Brain Exercise with Legacy</b> <b>11:00 Outside with Nature</b> <b>1:30 Satin Nail</b> <b>2:30 Special Documentary</b> 3:00 Snacks and Drinks	10 10:00 Spiritual Reading 10:15 Exercise and weights 11:00 Fun with Price is Right 2:00 Bingo with Prizes 3:00 Snack Time Social with Trivia	11 10:00 Physical Games 10:15 Coffee, Tea and Pastries <b>11:00 Hot Topic News of the Day</b> 2:00 At the Movies (residents' choice) 2:30 Popcorn and Drinks 3:30 Library Hour <b>5:00 Special Event (Blue Hawaii - Summer Luau)</b>	12 10:00 Exercise and weights 10:30 Would you rather Games? 11:00 Fun with Price is Right 2:00 Bingo with Prizes <b>3:00 Taste of wine social</b> <b>3:30 Friday Old School Music</b>	13 10:00 Individual Word Finding and Crossword Puzzle 10:30 Adult Coloring 11:00 Easy Listening Music 1:30 Trip: Scenic Ride 2:30 Saturday Western 5:00 Sports Hour time
	14 <b>9:30 Hampton Christian Church</b> 10:30 Gospel Sounds Activity room 11:00 Individual Walking in Courtyard 2:00 At the Movies (residents' choice) 5:00 Adult Coloring	15 10:00 Exercise and weights 10:30 Keep minds alert Trivia 11:00 Fun with Price is Right 12:30 30-Minute News: 1:30 Bingo with Prizes <b>3:00 Travel Video (where are you from?)</b>	16 <b>10:00 Brain Exercise with Legacy</b> <b>11:00 Outside with Nature</b> <b>1:30 Satin Nail</b> <b>2:30 Special Documentary</b> 3:00 Snacks and Drinks	17 10:00 Spiritual Reading 10:15 Exercise and weights 11:00 Fun with Price is Right 2:00 Bingo with Prizes 3:00 Snack Time Social with Trivia	18 10:00 Physical Games 10:15 Coffee, Tea and Pastries <b>10:45 Trip: Lunch Outing</b> <b>11:00 Hot Topic News of the Day</b> 2:00 At the Movies (residents' choice) 2:30 Popcorn and Drinks 3:30 Library Hour	19 10:00 Exercise and weights 10:30 Would you rather Games? 11:00 Fun with Price is Right 1:30 Bingo with Prizes 2:30 TGIF SOCIAL <b>3:30 Friday Old School Music</b>	20 10:00 Individual Word Finding and Crossword Puzzle 10:30 Adult Coloring 11:00 Easy Listening Music 2:30 Saturday Western 5:00 Sports Hour time
	21 <b>9:30 Hampton Christian Church</b> 10:30 Gospel Sounds Activity room 11:00 Individual Walking in Courtyard 2:00 At the Movies (residents' choice) 5:00 Adult Coloring	22 10:00 Exercise and weights 10:30 Keep minds alert Trivia 11:00 Fun with Price is Right 12:30 30-Minute News: 1:30 Bingo with Prizes <b>3:00 Travel Video (where are you from?)</b>	23 <b>10:00 Brain Exercise with Legacy</b> <b>11:00 Outside with Nature</b> <b>1:30 Satin Nail</b> <b>2:30 Special Documentary</b> 3:00 Snacks and Drinks	24 10:00 Spiritual Reading 10:15 Exercise and weights 11:00 Fun with Price is Right 2:00 Bingo with Prizes 3:00 Snack Time Social with Trivia	25 10:00 Physical Games 10:15 Coffee, Tea and Pastries <b>11:00 Hot Topic News of the Day</b> 2:00 At the Movies (residents' choice) 2:30 Popcorn and Drinks 3:30 Library Hour	26 10:00 Exercise and weights 10:30 Would you rather Games? 11:00 Fun with Price is Right <b>3:00 Celebrating August Birthdays</b> <b>3:30 Friday Old School Music</b>	27 10:00 Individual Word Finding and Crossword Puzzle 10:30 Adult Coloring 11:00 Easy Listening Music 1:30 Trip: Scenic Ride 2:30 Saturday Western 5:00 Sports Hour time
	28 <b>9:30 Hampton Christian Church</b> 10:30 Gospel Sounds Activity room 11:00 Individual Walking in Courtyard 2:00 At the Movies (residents' choice) 5:00 Adult Coloring	29 10:00 Exercise and weights 10:30 Keep minds alert Trivia 11:00 Fun with Price is Right 12:30 30-Minute News: <b>3:00 Travel Video (where are you from?)</b>	30 <b>10:00 Brain Exercise with Legacy</b> <b>11:00 Outside with Nature</b> <b>1:30 Satin Nail</b> <b>2:30 Special Documentary</b> 3:00 Snacks and Drinks	31 10:00 Spiritual Reading 10:15 Exercise and weights 11:00 Fun with Price is Right 2:00 Bingo with Prizes 3:00 Snack Time Social with Trivia			



## Remember Me?

The last week of August brings the start of the U.S. Open tennis tournament, where the legacy of champion Arthur Ashe is still evident today.

- He was born July 10, 1943, in Richmond, Va.
- After picking up a tennis racket at age 7, he took lessons, becoming one of the country's top junior players and earning a scholarship to play in college.
- While still an amateur player, Ashe made history in 1968 as the first African American to win the men's singles championship at the U.S. Open. At the time, he was serving as a lieutenant in the U.S. Army.
- In 1975, he became the first black man to win the Wimbledon singles title after upsetting defending champ Jimmy Connors in a memorable match.
- Ashe won over 45 titles during his career.
- The main court at the USTA Billie Jean King National Tennis Center in New York City, the home of the U.S. Open, is named in his honor. Arthur Ashe Stadium is the largest tennis venue in the world.
- One of his many humanitarian causes is commemorated each year at the tournament with Arthur Ashe Kids' Day, a celebration that helps fund free and low-cost tennis and education programs.

## ABC to 'ZZZ'

Try this tactic if you're struggling to fall asleep. Start naming things in a certain category in alphabetical order. For example, choose the topic "wild animals" and begin with alligator, bison, cheetah ... You may find yourself catching some z's before you reach the letter Z!

## August Employee of the Month



Anna-Kay is our August employee of the month. She is a CNA for our Assisted Living Community. She has been employed with The Devonshire for 3 months. When asked what she loves most about working with seniors she said, "I get to meet people from all walks of life and hear their stories." She loves to make people happy and likes to get things accomplished. In her spare time, she likes to cook, shop, read, and spend time with family and friends. A couple of places that she would like to visit are Mexico & Dubai. One of her career goals is to become a Nurse Practitioner.

## A Milestone for Melville

This month marks the birthday of "Moby-Dick" author Herman Melville, who was born Aug. 1, 1819, in New York City. As a young man, Melville worked on several whaling ships and served in the U.S. Navy, later drawing upon his many experiences at sea to fill the pages of his epic book, which was published in 1851.

## Get Your Eyes Checked

Even if you see perfectly fine, it's important to get regular eye exams. Many eye diseases can go unnoticed for a long time, showing no symptoms until vision has already worsened. However, eye doctors can catch problems in the early stages and prescribe treatment to prevent vision loss. How often you should get an exam depends on your age and overall health; for example, people with diabetes and anyone with corrective lenses should go every year. Your eye doctor can advise you on how often you should get your eyes checked.



## Immunization Awareness

August is Immunization Awareness Month and a good time to check with your physician to make sure you are up to date on all of your vaccinations. Remember, flu season is approaching, and it's important to get your flu shot when it becomes available.

