

Honey and Health

Honey, the sweet, golden nectar produced by bees, has been treasured for thousands of years not only for its taste, but also its healing properties.

Antioxidants: Honey is full of these powerful compounds that help protect the body's cells from damage and have been linked to a reduced risk of heart attack, stroke and some types of cancer. Dark varieties of honey, such as the kind made from buckwheat flowers, have the highest antioxidant levels.

Antibacterial properties: Ancient Egyptians used honey's antibacterial power to heal wounds and burns, and modern-day health professionals sometimes use medical-grade honey as a wound treatment. Honey's antiseptic qualities and ability to promote healing make it a popular ingredient in skin care products. Honey is also used in hair care products to soothe various scalp conditions.

Anti-inflammatory effects: There's a reason why honey is often touted as a remedy for a sore throat or a cough. Multiple studies have shown honey to be a better cough suppressant than several over-the-counter medicines because of its anti-inflammatory properties. Honey's soothing effect may also provide relief from acid reflux symptoms.

It's important to remember that honey is still sugar and can affect blood sugar levels. Talk to your health care provider about consuming honey.

Connecting With Grandkids

Grandparents Day, the first Sunday after Labor Day, celebrates the relationship between generations. Whether your loved ones live near or far, there are a variety of ways to connect with them and create lasting memories.

Maintaining regular contact is the key to developing enduring bonds. This could mean making weekly visits or phone calls, or sending "just because" cards by mail. With technology such as email, text messaging, video calls and social media websites, it's even easier to stay in touch.

People of all ages enjoy hearing stories from their older relatives. Retailers offer grandparent journals, which contain prompts to help you write about your life experiences. Your loved ones will treasure reading about those memories now and for years to come. Creating these keepsakes can be a fun hobby and help you feel closer to your family, even when you're apart.

You've probably heard the saying "They may forget what you said, but they will never forget how you made them feel." What grandchildren will value most from you is love and support. Showing interest in their lives, offering a listening ear, and saying "I love you" are all simple yet shining ways of being a great grandparent.



The Devonshire Lifestyle



Like Us!



Assisted Living Community

2220 Executive Drive • Hampton, VA 23666 • (757) 827-7100 • www.devonshireseniorliving.com

SEPTEMBER 2019

Happy September!

I hope you have been enjoying the summer and are as excited as we are to usher in the fall season this month!

I am thrilled to announce that we have two new additions to our Devonshire Team. Our new Dining Director, Don Hornberger, has been a successful Chef in the Senior Living industry for several years now. I can't wait for you to enjoy his wonderful food! We also have a new Sales Team member, Brad Fleenor, who has previously worked in the Senior Living industry with a distinguished career in sales and marketing. Please help us welcome Don and Brad and make them feel at home.

We have had a great year so far but the best is yet to come. We are kicking off the festivities this month with our Labor Day cookout on Sept. 2. I hope you come out and enjoy the fun and entertainment.

We are always striving to do better here at The Devonshire and I personally want to hear from you. I hope to see you soon and learn from you what we can do to make things better than ever!

Sincerely,

Natalie Fox

Executive Director

Painting With Bob Ross

With his soothing voice and ability to turn a blank canvas into a beautiful painting in just 30 minutes, Bob Ross mesmerized millions of fans who tuned in to his TV show, "The Joy of Painting."

Ross took up oil painting while serving in the U.S. Air Force. The Florida native was stationed in Alaska when he saw snow and mountains for the first time, and both served as inspiration for his paintings. He practiced the "wet-on-wet" technique, in which oil paints are applied on top of one another without waiting for each layer to dry.

After 20 years in the military, Ross returned to civilian life and held painting workshops in shopping malls, then launched his show on public television in 1983. Wearing jeans and a button-down shirt and sporting his signature curly hairstyle, Ross guided viewers through his quick process of painting a landscape, making it look effortless. Audiences were drawn to his soft-spoken voice and words of encouragement, which included gems such as, "We don't make mistakes. We just have happy accidents."

Ross hosted "The Joy of Painting" for 11 years. He also taught classes and created a line of art supplies and how-to videos. Today, certified Bob Ross instructors carry on his legacy by teaching classes to budding artists.





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

Birthdays

Draxie Myers, 15th

Suzanne Morgan, 18th

Ida Jenkins, 26th

Transportation Schedule

Thursday, 11:10 a.m.

Lunch Outings

Thursday, 2 p.m.

Trip: Scenic Ride

**"An investment in
knowledge pays the
best interest."**

—American proverb

Activities Subject to Change

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
1		2		3		4		5		6		7	
9:00 Sunday School, IA 9:30 Bible Scripture Reading, AR 10:30 Gospel Sounds, AR 2:00 Sunday Matinee, AR 6:45 Individual Art for the Heart, AR		LABOR DAY 10:00 Fitness & Moves, AR 10:30 What's Up America?, AR 11:00 Iced Tea & Outside Trivia, AR 11:30 Labor Day Cookout, DR 2:00 Bingo w/Prizes, AR 4:00 Table Games and Puzzles, AR		10:00 Outside w/ Horseshoes, CY 10:30 Second Chance and Name 10, AR 11:00 Jiggle All the Way, AR 1:30 Nail Care (Satin Hands), AR 2:00 Making Root Beer Floats, AR 3:30 Cookies and Juice, AR 6:00 Abundant Life Tabernacle Church, AR		10:00 Chair Exercise, AR 10:30 Ladies' Card Games, AR 1:30 Newspaper Fashion Show 2:30 Bingo Bucks, AR 3:15 Adult Coloring (Flowers), AR 4:00 Table Games and Puzzles, AR		10:00 Outside Sitting w/Juice, CY 10:30 Reminiscing in September, AR 10:45 Penny Pinch, AR 11:15 Trip: Lunch Outing — Mama Rosa's, O 2:00 Trip: Scenic Ride, O 3:00 Musical Singalong		10:00 Jazzy Exercise, AR 10:30 Book Club & Chat, AR 11:00 Art and Crafts (Painting), AR 11:00 Faces and Places, AR 11:30 Pre Grandparents Day Luncheon, DR 2:00 Bingo w/Prizes, AR 6:00 Friday at the Movies, AR		10:00 Coupons Picking, AR 11:00 Individual Adult Coloring 2:00 Trip: Scenic Ride, AR 3:00 Table Games Checkers/Board Game, AR	
8		9		10		11		12		13		14	
9:00 Sunday School, IA 9:30 Bible Scripture Reading, AR 10:30 Gospel Sounds, AR 2:00 Sunday Matinee, AR 6:45 Individual Art for the Heart, AR		10:00 Fitness & Moves, AR 10:30 What's Up America?, AR 11:00 Iced Tea & Outside Trivia, AR 2:00 Bingo w/Prizes, AR 2:00 Teddy Bear Auction, AR 3:30 Nature Video (Puppies and Kitties), AR 4:00 Table Games and Puzzles, AR		10:00 Lemonade & Outside Social, AR 10:00 Outside w/ Horseshoes, CY 10:30 Second Chance and Name 10, AR 11:00 Health Talk Facts (Fruit Tasting), AR 1:30 Nail Care (Satin Hands), AR 3:30 Cookies and Juice, AR		PATRIOT DAY 10:00 Chair Exercise, AR 10:30 Ladies' Card Games, AR 11:00 Bible Books and Trivia, AR 2:00 Music w/James Curry, IA 2:00 Voter Registration, AR 2:30 Bingo Bucks, AR 3:15 Nature Crafts, AR 4:00 Table Games and Puzzles, AR		10:00 Outside Walking, CY 10:30 Physical Games (Golf), CY 10:45 Penny Pinch, AR 11:15 Lunch Outing: Fortune Garden 2:00 Trip: Scenic Ride, O 3:00 Musical Singalong 5:00 Strollin' Down the Strip, DR		10:00 Jazzy Exercise, AR 10:30 Book Club & Chat, AR 11:00 Card Game (Uno), AR 11:00 Faces and Places, AR 2:00 Bingo w/Prizes, AR 6:00 Friday at the Movies, AR		10:00 Coupons Picking, AR 11:00 Individual Adult Coloring 2:00 Trip: Scenic Ride, AR 3:00 Table Games Checkers/Board Game, AR	
15		16		17		18		19		20		21	
9:00 Sunday School, IA 9:30 Bible Scripture Reading, AR 10:30 Gospel Sounds, AR 2:00 Sunday Matinee, AR 6:45 Individual Art for the Heart, AR		10:00 Fitness & Moves, AR 10:30 What's Up America?, AR 11:00 Iced Tea & Outside Trivia, AR 2:00 Bingo w/Prizes, AR 4:00 Table Games and Puzzles, AR		10:00 Outside w/ Horseshoes, CY 10:30 Second Chance and Name 10, AR 11:00 Jiggle All the Way, AR 1:30 Nail Care (Satin Hands), AR 3:30 Cookies and Juice, AR		10:00 Chair Exercise, AR 10:30 Art Expression (Flowers), AR 10:30 Ladies' Card Games, AR 2:30 Bingo Bucks, AR 4:00 Table Games and Puzzles, AR		10:45 Penny Pinch, AR 11:15 Trip: Lunch Outing — Mama Rosa's, O 2:00 Yoga w/Tina, AR 2:00 Trip: Scenic Ride, O 3:00 Musical Singalong		10:00 Jazzy Exercise, AR 10:30 Book Club & Chat, AR 11:00 Faces and Places, AR 2:00 Bingo w/Prizes, AR 6:00 Friday at the Movies, AR		10:00 Coupons Picking, AR 11:00 Individual Adult Coloring 2:00 Trip: Scenic Ride, AR 3:00 Table Games Checkers/Board Game, AR	
22		23		24		25		26		27		28	
9:00 Sunday School, IA 9:30 Bible Scripture Reading, AR 10:30 Gospel Sounds, AR 2:00 Sunday Matinee, AR 6:45 Individual Art for the Heart, AR		AUTUMN BEGINS 10:00 Fitness & Moves, AR 10:30 What's Up America?, AR 11:00 Iced Tea & Outside Trivia, AR 2:00 Bingo w/Prizes, AR 3:00 Card Games: Blackjack (Men's Group), WR 4:00 Table Games and Puzzles, AR		10:00 Resident Council Meeting, AR 10:00 Outside w/ Horseshoes, CY 10:30 Second Chance and Name 10, AR 11:00 Jiggle All the Way, AR 1:30 Nail Care (Satin Hands), AR 3:30 Cookies and Juice, AR 7:00 North Hampton Church of Christ, DR		10:00 Chair Exercise, AR 10:30 Ladies' Card Games, AR 11:00 Bible Books and Trivia, AR 1:30 Musical Video Singalong, AR 2:00 Singalong w/Bonnie 2:30 Bingo Bucks, AR 3:15 Nature Crafts, AR 4:00 Table Games and Puzzles, AR		10:00 Outside Walking, CY 10:45 Penny Pinch, AR 11:15 Trip: Lunch Outing — Mama Rosa's, O 2:00 Trip: Scenic Ride, O 3:00 Musical Singalong		10:00 Jazzy Exercise, AR 10:30 Book Club & Chat, AR 11:00 Faces and Places, AR 2:00 Bingo w/Prizes, AR 3:30 TGIF Social Hour, AR 6:00 Friday at the Movies, AR		10:00 Coupons Picking, AR 11:00 Individual Adult Coloring 2:00 Trip: Scenic Ride, AR 3:00 Table Games Checkers/Board Game, AR	
29		30											
ROSH HASHANAH BEGINS AT SUNSET 9:00 Sunday School, IA 9:30 Bible Scripture Reading, AR 10:30 Gospel Sounds, AR 2:00 Sunday Matinee, AR 6:45 Individual Art for the Heart, AR		10:00 Fitness & Moves, AR 10:30 What's Up America?, AR 11:00 Iced Tea & Outside Trivia, AR 2:00 Bingo w/Prizes, AR 4:00 Table Games and Puzzles, AR											