

The Buzz on Bee Species

They're some of the best-known pollinators, essential to helping crops and flowers grow. Here's the buzz about some common types of bees:

Honeybee: The world's most famous bee species, honeybees are prized for the sweet, golden honey they produce from nectar. To feed their hives, honeybees collect pollen in special "baskets" on their legs.

Bumblebee: Though larger and fuzzier than honeybees, bumblebees also live in groups and make honey, although not on a large enough scale for harvesting. Bumblebees move so quickly that they make a buzzing sound, which vibrates pollen off of flowers and onto their bodies.

Carpenter bee: A bit larger than bumblebees, carpenter bees are recognized by their smooth, mostly black bodies. They're sometimes considered a pest because they drill holes and build nests in old wood, including buildings.

Sweat bee: These tiny bees are attracted to salt found in perspiration, so they tend to buzz around people. Solitary and peaceful, they come in many colors, including metallic blue and green.

Leafcutter bee: You may have seen a female leafcutter bee hard at work trimming away pieces of foliage, which she uses to build a nest for her eggs. These solitary bees are efficient pollinators, since the pollen they carry on their bellies, not their legs, easily falls off from plant to plant.

Symbol of Peace

Simple yet powerful, the peace sign is one of the most recognized symbols in the world.

In 1958, British graphic designer Gerald Holtom created the peace symbol for an organized march outside London to protest the use of nuclear weapons. The lines inside the circle come from the semaphore alphabet, used in flag signals to communicate across a distance. The upside-down V at the bottom of the peace sign represents the letter N, and the vertical line represents the letter D. Together, they stand for "nuclear disarmament."

Additionally, Holtom was affected by his own feelings of frustration and sadness about war, and intended a second meaning of the symbol's crossed lines: a person with outstretched arms in surrender. Yet the peace sign inspired hope and unity to all who displayed it, and because Holtom chose not to copyright it, its use quickly spread throughout the world.

In the U.S., the peace sign was first seen at the civil rights marches of the early 1960s. The symbol then came to represent the overall theme of peace and love. It was printed on T-shirts, made into jewelry, and painted on buildings and vehicles.

Because of its simple design and positive message, the peace sign remains a popular symbol, used in fashion and décor as well as by human rights organizations and other movements.

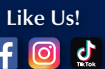
¡Viva México!

Mexico marks one of its most important holidays each year on Sept. 16, Independence Day. Much like the holidays north of the border in the U.S. and Canada, Mexico celebrates with parades, parties, fireworks and flags.

The day commemorates the moment in 1810 when priest Miguel Hidalgo rang the church bell in the town of Dolores, in the Mexican state of Guanajuato, and made his famous El Grito de Dolores, meaning "the Cry of Dolores." The rallying cry inspired a makeshift army of thousands to revolt and begin the Mexican War of Independence from ruling Spain.

Each year on the eve of the national holiday, Hidalgo's stirring call to arms is re-enacted in cities with the shouts of "¡Viva México!" sounding throughout the country. In Mexico City's main square, up to half a million people gather to hear the country's president ring the same bell Hidalgo rang and recite a modern version of the speech from the balcony of the National Palace.

The Devonshire Lifestyle



Assisted Living Community

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SEPTEMBER 2021

A Healthy Start to the Day

It's called the most important meal of the day, so fill up on these tips for a better breakfast.

A good breakfast kick-starts your day, providing energy and keeping your body fueled until lunchtime. The main nutrients needed to make this possible are protein and fiber. Complex carbohydrates and healthy fats round out a complete breakfast.

Eggs, cheese, yogurt, and nuts are smart protein sources for breakfast time. For fiber and carbs, turn to fruits and vegetables, as well as whole grains, which take longer to digest and help you stay full. Whole-grain options include whole-wheat bread and English muffins, oatmeal, and some cereals. Dairy products and nuts or nut butters will provide you with beneficial fats.

For a balanced breakfast, combine foods from each nutrient type. Try whole-wheat toast or an English muffin with peanut butter and sliced fruit; an omelet or scrambled eggs with cheese and veggies; oatmeal topped with fresh fruit, nuts and seeds; or a parfait or smoothie made with fruit and yogurt.

If you have a small appetite in the morning, dietitians say it's fine to split your breakfast into snack-sized portions. For example, start with a cup of yogurt, then later, have a piece of fruit with some nuts.

September Employee of the Month

This September our Employee of the Month is James Wiggins III. He is one of our housekeepers. He has been with us for seven months. He really likes cleaning and has been doing it for about 14 years. He is a very hard worker and is always friendly and polite. In his spare time he likes to sleep, watch movies, shoot pool and bowl. He recently visited Connecticut for the first time and really enjoyed it there. His dream vacation would be to visit Paris, France. In life he strives to be the best that he can be.



SEPTEMBER 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

Jacquie Hoggard, 1st
Willie Smith, 4th
Neil Whitworth, 6th
Pauline Townsend, 26th
Shirley Lyons, 27th
Virginia Reid, 29th

Country Store

Tuesday
11 a.m.-Noon

Thursday
10-11 a.m.

“The beautiful thing
about learning is that
nobody can take it
away from you.”

—B.B. King

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
5	6	7	8	9	10	11
9:15 Hampton Christian Church, AR 10:30 Gospel Sounds in Activity Room, AR 2:00 Sunday Afternoon at the Movies, AR 5:00 Individual Art	LABOR DAY ROSH HASHANAH BEGINS AT SUNSET 9:45 Individual Courtyard Walking, CY 11:00 30-Minute News: CNN, AR 2:00 Labor Day at the Movies, AR 2:30 Snack and Drinks, AR 3:00 Individual Art & Puzzles, AR	9:45 Coffee & Tea w/Pastries 10:30 September Trivia and Word Games, AR 1:30 Nail Care, AR 3:00 Library Books 3:15 National Watermelon Social, AR	10:00 Spiritual Reading, AR 10:30 Exercise and Weights, AR 1:30 Bingo w/Prizes, AH 3:00 Baking Cookies and Music, AR 3:30 Outside w/ Nature, CY	10:00 Physical Games (Ball Toss), AR 10:30 Trivia Guess Who?, AR 11:00 Price Is Right w/Hot Apple Cider, AR 1:45 Trip: Scenic Ride, O 2:00 Menu Chat, IL 2:00 Documentary File, AR 3:30 Chips and Dip	10:00 Facts & Word Games, AR 10:30 Fitness and Fun, AR 1:30 Bingo w/Prizes, AH 2:30 TGIF Social w/ Music, AR 3:30 Card Games, AR	PATRIOT DAY 10:00 Individual Word Finding and Crossword Puzzle 11:00 Individual Adult Coloring 2:30 At Movies w/ Cookies, AR 3:00 Sports Hour (Football), AR
12	13	14	15	16	17	18
9:15 Hampton Christian Church, AR 10:30 Gospel Sounds in Activity Room, AR 2:00 Sunday Afternoon at the Movies, AR 5:00 Individual Art	10:00 Fitness and Bean Bag Toss, AR 10:30 Outside w/ Nature, CY 11:00 30-Minute News: CNN, AR 1:30 Bingo w/Prizes, AH 4:30 World News (CNN), AR	9:45 Coffee & Tea w/Pastries 10:30 September Trivia and Word Games, AR 1:30 Nail Care, AR 2:00 At the Movies (Musical), AR 3:00 Library Books	YOM KIPPUR BEGINS AT SUNSET 10:00 Spiritual Reading, AR 10:30 Exercise and Weights, AR 1:30 Bingo w/Prizes, AH 3:00 Baking Cookies and Music, AR 3:15 Nature & Art, AR	10:00 Physical Games (Ball Toss), AR 10:30 Trivia Guess Who?, AR 11:00 Price Is Right w/Hot Apple Cider, AR 2:00 Documentary File, AR 3:00 Library Hour 5:30 Special Event: “Denim & Diamonds,” DR	10:00 Facts & Word Games, AR 10:30 Fitness and Fun, AR 11:00 News & Views, AR 1:30 Bingo w/Prizes, AH 3:00 Summer Walk Outside, CY	10:00 Individual Word Finding and Crossword Puzzle 11:00 Individual Adult Coloring 2:30 At Movies w/ Cookies, AR 3:00 Sports Hour (Football), AR
19	20	21	22	23	24	25
9:15 Hampton Christian Church, AR 10:30 Gospel Sounds in Activity Room, AR 2:00 Sunday Afternoon at the Movies, AR 5:00 Individual Art	9:45 Chair Exercise w/Weights, AR 11:00 30-Minute News: CNN, AR 1:30 Bingo w/Prizes, AH 2:30 Card Games (Uno), AR 4:30 World News (CNN), AR	9:45 Coffee & Tea w/Pastries 10:30 September Trivia and Word Games, AR 1:30 Nail Care, AR 2:30 Summertime Movie, AR 3:00 Library Books	AUTUMN BEGINS 10:00 Spiritual Reading, AR 10:30 Exercise and Weights, AR 1:30 Bingo w/Prizes, AH 2:30 Resident Council Meeting, AR 3:00 Ice Cream Social, AR	10:00 Physical Games (Ball Toss), AR 10:30 Trivia Guess Who?, AR 1:30 All About Nature Video, AR 1:45 Trip: Scenic Ride, O 2:00 Menu Chat w/ Sarah, IL 2:00 Documentary File, AR 3:30 Chips and Dip	10:00 Facts & Word Games, AR 10:30 Fitness and Fun, AR 11:00 Outside w/ Ring Toss, CY 1:30 Bingo w/Prizes, AH 3:00 Happy Hour and Music, AR	10:00 Individual Word Finding and Crossword Puzzle 11:00 Individual Adult Coloring 2:30 At Movies w/ Cookies, AR 3:00 Sports Hour (Football), AR
26	27	28	29	30		
9:15 Hampton Christian Church, AR 10:30 Gospel Sounds in Activity Room, AR 2:00 Sunday Afternoon at the Movies, AR 5:00 Individual Art	9:45 Fitness and Fun, AR 11:00 30-Minute News: CNN, AR 1:30 Bingo w/Prizes, AH 2:30 Baking Cookies and Music, AR 4:30 World News (CNN), AR	9:45 Coffee & Tea w/Pastries 10:30 September Trivia and Word Games, AR 1:30 Nail Care, AR 2:00 At the Movies (Drama) w/ Popcorn, AR 3:00 Library Books	10:00 Spiritual Reading, AR 10:30 Exercise and Weights, AR 11:00 Reminiscing on Traveling, AR 1:30 Bingo w/Prizes, AH 3:00 Baking Cookies and Music, AR	10:00 Physical Games (Ball Toss), AR 10:30 Trivia Guess Who?, AR 11:00 Price Is Right w/Hot Apple Cider, AR 2:00 Documentary File, AR 3:30 Chips and Dip		