

# The Devonshire *Lifestyle*



Like Us!



Assisted Living Community

2220 Executive Drive • Hampton, VA 23666 • (757) 827-7100 • [www.devonshireseniorliving.com](http://www.devonshireseniorliving.com)

## In Remembrance of 9/11

Described as “a tribute to the past and a place of hope for the future,” the 9/11 Memorial in New York City honors all who lost their lives on Sept. 11, 2001.

Built on the site of the former World Trade Center complex, the memorial’s focal points are two reflecting pools that sit where the north and south towers once stood. Water cascades 30 feet over the pools’ black granite walls, creating massive waterfalls. Inscribed on the bronze railings surrounding each pool are the names of the 2,983 victims of the 9/11 terror attacks and the Feb. 26, 1993, bombing of the World Trade Center.

A park with over 400 trees surrounds the memorial and includes a special symbol of resilience, the Survivor Tree. The damaged pear tree was found during the cleanup at ground zero and rehabilitated.

The memorial was dedicated in 2011, on the 10th anniversary of 9/11. In 2014, the underground 9/11 Memorial Museum opened and displays thousands of artifacts and multimedia exhibits.

Another powerful memorial that commemorates the historic date is New York City’s annual Tribute in Light. From dusk to dawn on Sept. 11, dozens of searchlights are used to create two beams of light that resemble the former twin towers standing within the city’s skyline.



## SEPTEMBER 2022

### A Note From Our Executive Director



Hello, everyone! September promises to be another great month at our community. Fall will be here soon, bringing cooler temperatures and the rich colors of falling leaves. Check out this month’s calendar to see what activities we have planned. Our special event this month will be a wine and cheese tasting. We will have non-alcoholic options as well for those who don’t drink.

We also have a couple of fun trips scheduled. As always, please feel free to stop by my office at any time. Have a great September!

Sincerely,  
Natalie Fox  
Executive Director

### Fall Into September

The first day of fall, also called the autumnal equinox, arrives Sept. 22. It’s one of two days during the year (the other being the first day of spring) that bring nearly equal hours of day and night, about 12 hours. The word equinox means “equal night” in Latin. For us in the Northern Hemisphere, the days will then grow shorter as the sun starts rising later and setting earlier.



SEPTEMBER

2022

Locations

Activities Room	AR
Courtyard	CY
Dining Room	DR
Windsor Room	WR
Activities Dining Room	DR
Independent Dining Room	IDR
Outing	O
Activities Room Hallway	ARH

Country Store

Tuesday	11am-Noon
Thursday	10am-11am

Birthdays

9/02	Mauro Curce
9/08	Pablo Garza
9/19	Erdmute Albers
9/22	Ann Stoval
9/26	Pauline Townsend
9/27	Shirley Lyons

We’re Here

To Help

At our community, your safety and comfort come first. We are here to answer any questions and resolve any issues you may have. Please don’t hesitate to reach out to us when you need a helping hand.

“If life is a cup of tea, gratitude is the honey that makes it sweet.”  
—Natasha Potter

Activities Subject to Change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<div>1</div> <div>10:00 Thursdays Art or Crafts Time 10:30 Outside Chat with September Trivia 11:00 Hydration Time a Fall drink 1:30 Trip: Scenic Ride 2:00 Table Games (Uno or Dominoes) 3:00 Social Hour with snacks</div>	<div>2</div> <div>10:00 Exercise and weights 10:30 Facts and Word Games 11:00 Price is Right 1:30 Bingo with Prizes 3:00 TGIF SOCIAL 6:00 Friday at the Movies</div>	<div>3</div> <div><b>10:00 Individual Creative Art</b> 10:30 Individual Word Finding and Crossword Puzzle <b>11:00 Hydration Time (water or Juice)</b> 2:00 Saturday Western Movie with snacks 5:00 Sports Hour time</div>
<div>4</div> <div><b>9:30 Hampton Christian Church</b> 10:30 Gospel Sounds Activity room 1:00 Individual Chat Hour with Drinks 2:00 At the Movies (residents’ choice) 5:00 Individual Sitting &amp; Walking in Courtyard</div>	<div>5</div> <div><b>Labor Day</b> 10:00 Chair Exercise 10:30 Would you rather Games? 11:00 30-minute News break <b>3:00 Travel Video (where are you from?)</b> 5:30 Outside with Nature</div>	<div>6</div> <div><b>10:00 Brain Exercise with Legacy</b> 11:00 Outside with Nature 1:30 Nail Care 2:00 At the Movies (residents’ choice) <b>2:30 Afternoon Coffee and Tea with Pastries</b> 3:30 Table Games (Dominoes)</div>	<div>7</div> <div>10:00 Spiritual Reading 10:15 Exercise and weights 10:45 Finishline and Second Rule 11:00 Hydration Time (water or Juice) 1:30 Bingo with Prizes 3:00 Library Hour</div>	<div>8</div> <div>10:00 Thursdays Art or Crafts Time 10:30 Outside Chat with September Trivia 11:00 Hydration Time a Fall drink 2:00 Table Games (Uno or Dominoes) 3:00 Social Hour with snacks <b>5:00 Special Event with Jessica Julius (flute Playing)</b></div>	<div>9</div> <div>10:15 Exercise and weights 10:30 Facts and Word Games 11:00 Price is Right 1:30 Bingo with Prizes 3:00 TGIF SOCIAL 5:30 Easy Listening Music and Puzzles</div>	<div>10</div> <div><b>10:00 Individual Creative Art</b> 10:30 Individual Word Finding and Crossword Puzzle <b>11:00 Hydration Time (water or Juice)</b> 1:30 Trip: Scenic Ride 2:00 Saturday Western Movie with snacks 5:00 Sports Hour time</div>
<div>11</div> <div><b>9:30 Hampton Christian Church</b> 10:30 Gospel Sounds Activity room 1:00 Individual Chat Hour with Drinks 2:00 At the Movies (residents’ choice) 5:00 Individual Sitting &amp; Walking in Courtyard</div>	<div>12</div> <div>10:00 Chair Exercise 10:30 Would you rather Games? 11:00 30-minute News break 1:30 Bingo with Prizes <b>3:00 Travel Video (where are you from?)</b> 5:30 Outside with Nature</div>	<div>13</div> <div><b>10:00 Brain Exercise with Legacy</b> 11:00 Outside with Nature 1:30 Nail Care 2:00 At the Movies (residents’ choice) <b>2:30 Afternoon Coffee and Tea with Pastries</b> 3:30 Table Games (Dominoes)</div>	<div>14</div> <div>10:00 Spiritual Reading 10:15 Exercise and weights 10:45 Finishline and Second Rule 11:00 Hydration Time (water or Juice) 1:30 Bingo with Prizes 3:00 Library Hour</div>	<div>15</div> <div>10:00 Thursdays Art or Crafts Time 10:30 Outside Chat with September Trivia <b>10:30 Trip: Lunch Outing</b> 11:00 Hydration Time a Fall drink 2:00 Table Games (Uno or Dominoes) 3:00 Social Hour with snacks</div>	<div>16</div> <div>10:15 Exercise and weights 10:30 Facts and Word Games 11:00 Price is Right 1:30 Bingo with Prizes 3:00 TGIF SOCIAL 5:30 Easy Listening Music and Puzzles</div>	<div>17</div> <div><b>10:00 Individual Creative Art</b> 10:30 Individual Word Finding and Crossword Puzzle <b>11:00 Hydration Time (water or Juice)</b> 2:00 Saturday Western Movie with snacks 5:00 Sports Hour time</div>
<div>18</div> <div><b>9:30 Hampton Christian Church</b> 10:30 Gospel Sounds Activity room 1:00 Individual Chat Hour with Drinks 2:00 At the Movies (residents’ choice) 5:00 Individual Sitting &amp; Walking in Courtyard</div>	<div>19</div> <div>10:00 Chair Exercise 10:30 Would you rather Games? 11:00 30-minute News break 1:30 Bingo with Prizes <b>3:00 Travel Video (where are you from?)</b> 5:30 Outside with Nature</div>	<div>20</div> <div><b>10:00 Brain Exercise with Legacy</b> 11:00 Outside with Nature 1:30 Nail Care 2:00 At the Movies (residents’ choice) <b>2:30 Afternoon Coffee and Tea with Pastries</b> 3:30 Table Games (Dominoes)</div>	<div>21</div> <div>10:00 Spiritual Reading 10:15 Exercise and weights 10:45 Finishline and Second Rule 11:00 Hydration Time (water or Juice) 1:30 Bingo with Prizes 3:00 Library Hour</div>	<div>22</div> <div>10:00 Thursdays Art or Crafts Time 10:30 Outside Chat with September Trivia 11:00 Hydration Time a Fall drink 2:00 Table Games (Uno or Dominoes) 3:00 Social Hour with snacks</div>	<div>23</div> <div>10:15 Exercise and weights 10:30 September Facts and word Games 11:00 Fun with Price is Right <b>1:00 Trip: Shopping Trip</b> 1:30 Bingo with Prizes 3:00 TGIF Social 5:30 Easy Listening Music and Puzzles</div>	<div>24</div> <div><b>10:00 Individual Creative Art</b> 10:30 Individual Word Finding and Crossword Puzzle <b>11:00 Hydration Time (water or Juice)</b> 2:00 Saturday Western Movie with snacks 5:00 Sports Hour time</div>
<div>25</div> <div><b>9:30 Hampton Christian Church</b> 10:30 Gospel Sounds Activity room 1:00 Individual Chat Hour with Drinks 2:00 At the Movies (residents’ choice) 5:00 Individual Sitting &amp; Walking in Courtyard</div>	<div>26</div> <div>10:00 Chair Exercise 10:30 Would you rather Games? 11:00 30-minute News break 1:30 Bingo with Prizes <b>3:00 Travel Video (where are you from?)</b> 5:30 Outside with Nature</div>	<div>27</div> <div><b>10:00 Brain Exercise with Legacy</b> 11:00 Outside with Nature 1:30 Nail Care 2:00 At the Movies (residents’ choice) <b>2:30 Afternoon Coffee and Tea with Pastries</b> 3:30 Table Games (Dominoes)</div>	<div>28</div> <div>10:00 Spiritual Reading 10:15 Exercise and weights 10:45 Finishline and Second Rule 11:00 Hydration Time (water or Juice) 1:30 Bingo with Prizes 3:00 Library Hour</div>	<div>29</div> <div>10:00 Thursdays Art or Crafts Time 10:30 Outside Chat with September Trivia 11:00 Hydration Time a Fall drink 2:00 Table Games (Uno or Dominoes) 3:00 Social Hour with snacks</div>	<div>30</div> <div>10:00 Exercise and weights 10:30 September Facts and word Games 11:00 Fun with Price is Right 1:30 Bingo with Prizes 3:00 TGIF Social 5:30 Easy Listening Music and Puzzles</div>	



## An Abundance of Apples

Eaten as a snack or in a homemade dessert, apples are a favorite fruit, especially in autumn. You're sure to fall for one of these common varieties:

**Gala.** Small and sweet, Gala apples are ideal for snacking, and that makes them the top pick among consumers and the most-grown apple in America. Galas can be creamy yellow to red, and are often striped.

**Red Delicious.** Until recent years, the Red Delicious was the country's most popular apple. This variety is known for its crimson skin and mild flavor.

**Granny Smith.** Bright green and tart, Granny Smith apples are prized for their versatility. They're often featured in pies and baked goods.

**Fuji.** Developed in Japan and named after Mount Fuji, this very sweet apple is firm and crisp. Its skin is similar to the Gala.

**Honeycrisp.** The name of this apple says it all—it's sweet, juicy and crispy, perfect for eating raw. Honeycrisps are also good baked or cooked in both sweet and savory recipes.

**Braeburn.** Bite into a Braeburn, and you'll taste the subtle spices of cinnamon and nutmeg in addition to the classic apple flavor. This variety's colors range from yellow to orange to deep red.

**Golden Delicious.** This yellow variety has a mellow taste that blends well with tart apples in pies and crisps.

**McIntosh.** The skin of a McIntosh is an appealing mix of red and green, and the flesh is tender and mild. They make excellent applesauce.

**Cortland.** A Cortland's skin has tones of yellow, green, red and blue. Sweet and tart, it is enjoyed raw and cooked.

**Cripps Pink.** Also called Pink Lady, this apple has rosy skin and a tart flavor, making it a popular choice for pies.

## September Employee of the Month



Please congratulate our employee of the month, Tasha Ladd. She is a Server for our Dining area and has been working with us for 4 months. Tasha is a people person. She is very friendly and outgoing and enjoys helping our residents. In her free time, she enjoys relaxing at home, spending time with her sons, watching TV, and cleaning her home. She enjoys vacationing in Miami, Florida.

## Change Is in the Air

For many, September has become the "other January," signaling a fresh start as summer winds down and fall arrives. The shift in nature can also inspire you to turn over a new leaf. Use the change in seasons to kick off a healthy habit or hobby or to switch up an aspect of your routine.

## 3 Things You Need To Know

Football season is underway, so make sure you're familiar with a few common terms you'll probably hear while watching a game:

1) **Fair catch.** A player in position to receive a punt signals for a fair catch by raising his arm above his head and waving it. Once a fair catch is signaled, the receiver cannot advance the ball, and the other team's players are not allowed to tackle him.

2) **Lateral.** A pass that goes sideways or backward is called a lateral. A team can lateral as many times as it likes on a play, and laterals can occur anywhere on the field.

3) **Shift.** The movement of two or more offensive players at the same time before the football is snapped is called a shift.

