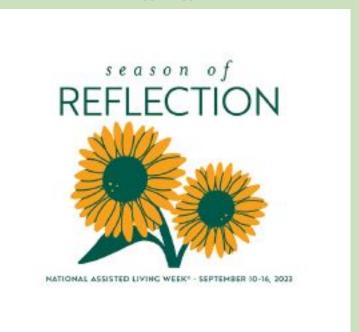


National Assisted Living Week 2023

National Assisted Living Week start Sunday, September 10th - 16th.



Aging in Your Autumn Years

This month, summer turns to fall, and many people view the change in seasons as a good time to make personal changes. Healthy Aging Month in September encourages older adults to adopt and maintain habits that will help them stay fit, stay connected and stay adventurous in their golden years.



SEPTEMBER 2023

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 and be on the lookout for details about our upcoming special event "Casino Night" and our other fun activities. As always, please feel free to stop by my



office at any time. Have a great September! With appreciation. Walmeka Williams

Commemorating 9/11

Dedicated to honoring those who died on that tragic day, each Sept. 11 is observed as Patriot Day and a National Day of Service and Remembrance.



Happy Grandparents Day!

We want to wish a happy Grandparents Day to all the grandmothers and grandfathers in our community! The bond between a grandparent and grandchild is like no other. Enjoy your special day!





ASSISTED LIVING

SEPTEMBER 2023

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

Pablo Garza - 09/08 Shirley Price - 09/15 Erdmute Albers - 09/19 Ann Stovall - 09/22 Pauline Townsend - 09/26

Shoo the Flu

For the maximum protection, it's important to get a flu shot early in the season. The Centers for Disease Control and Prevention advises that the flu vaccine is especially critical for people 65 years and older since they are at high risk of developing serious complications from the flu.

"Be curious always!
For knowledge will
not acquire you;
you must acquire it."
—Sudie Back



September Employee of the Month



Please congratulate Lee Thomas for being recognized as our employee of the month for September. Lee has been employed at The Devonshire for 6 months. He works in the kitchen as a dishwasher. Lee is very laid back, hardworking, and dependable. Lee served in the US Army. He also works in the tree removal business. He enjoys Caribbean food, listening to music, working on cars, and visiting with family.

Fall Menu

Our menus change with the seasons, and it's time to showcase a new lineup of autumn produce and delicious entrees. Come to the dining room to taste the new selections!

It's Good To Ask Questions

We can sometimes feel embarrassed when we don't know an answer or are confused about something. But don't be afraid to ask questions! It's the only way we can learn. Asking questions is a foundation of clear communication, preventing us from making incorrect assumptions and helping us solve conflict. Inquisitive people also tend to have higher emotional intelligence. So ask away!



Check Your Cholesterol

September is National Cholesterol Education Month. Adults over the age of 20 should have their levels tested every four to six years. Assess your knowledge on this subject:

- 1. What year was the first statin, a cholesterol-lowering medicine, approved in the U.S.?
- 2. True or False: Eating healthy, fiber-rich foods can lower cholesterol.
- 3. High cholesterol is connected to what leading cause of death? (Answers: 1. 1987; 2. True; 3. Heart disease)

'Count' Is One

How many words can you come up with using the letters in "touchdown"?

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

Start to think now about flu vaccinations, because flu season can start as soon as October, the Centers for Disease Control and Prevention says.

Thinking about a certificate of deposit (CD)? Before investing the money with your local savings institution, consider logging on to www.BankRate.com to pinpoint where you can receive the highest yield. That website surveys the yield for approximately 4,800 financial institutions.

If you wonder whether a food product you have is bad, go to www.FDA.gov for a listing of defective products.





