

The Devonshire *Lifestyle*



Like Us!



Assisted Living Community

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

National Assisted Living Week 2023

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

season of
REFLECTION



NATIONAL ASSISTED LIVING WEEK® - SEPTEMBER 10-16, 2023

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!

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<div>1</div> <div>10:00 Trip: Five and Below 11:00 News before Lunch (CNN) 1:30 Bingo with Prizes 2:30 Exercise with weights 6:00 Friday at the Movies (Residents’ Choice)</div>	<div>2</div> <div>9:30 Word Search Puzzles 10:00 Cowboy shows 11:00 Saturday News (CNN) 1:30 Trip: Scenic Ride 2:00 Hydration Time (water or juice) 3:00 Sports Hour time</div>
<div>3</div> <div>9:30 Hampton Christian Church 10:30 Gospel Sounds Activity room 1:30 Sunday Matinee 3:30 Sports Hour (BASEBALL) 5:30 Adult Coloring</div>	<div>4</div> <div>Labor Day 10:00 Western Shows 11:00 Price is Right 1:30 Labor Movie (resident 3:00 Cards and Puzzle hour 5:00 News at 5:00pm</div>	<div>5</div> <div>10:00 Brain Exercise with Legacy 10:30 Coffee, Tea and Pastries 11:00 Fun with Price is Right 2:00 Nature Spring video 2:30 Nail Care 3:30 Library Hour</div>	<div>6</div> <div>10:15 Exercise and weights 10:30 Spiritual Reading and Bible Trivia 1:30 Bingo with Prizes 2:30 Outside social and Cookies 4:00 Dominoes Club and Puzzles</div>	<div>7</div> <div>10:00 Trip: Scenic Ride to Williamsburg and Lunch Outing 10:30 Individual table Games 11:00 Price is Right 1:30 At the Movie Residents Choice 4:00 Uno and Puzzle time</div>	<div>8</div> <div>10:00 Exercise and weights 10:30 Talking Football season 1:30 Bingo with Prizes 3:00 Happy Hour 6:00 Friday at the Movies (Residents’ Choice)</div>	<div>9</div> <div>9:30 Word Search Puzzles 10:00 Cowboy shows 11:00 Saturday News (CNN) 1:30 Individual Art and Crafts 2:00 Hydration Time (water or juice) 3:00 Sports Hour time</div>
<div>10</div> <div>HAPPY GRANDPARENTS DAY 9:30 Hampton Christian Church 10:30 Gospel Sounds Activity room 1:30 Sunday Matinee 3:30 Sports Hour (BASEBALL)</div>	<div>11</div> <div>10:00 Exercise and weights 10:30 Family Feud Game 11:00 Things in September 1:30 Bingo with Prizes 3:00 5 Second Rule 5:00 News at 5:00pm</div>	<div>12</div> <div>10:00 Fall Carnival Event with Legacy 10:30 Coffee, Tea and Pastries 11:00 Fun with Price is Right 2:00 Nature Spring video 2:30 Nail Care 3:30 Library Hour</div>	<div>13</div> <div>10:15 Exercise and weights 10:30 Spiritual Reading and Bible Trivia 1:30 Bingo with Prizes 2:30 Outside social and Cookies 4:00 Dominoes Club and Puzzles</div>	<div>14</div> <div>10:00 Physical Games (Ring Toss, Balloon Volleyball & Horse Racing) 10:30 Individual table Games 1:30 Musical Documentary 2:30 Outside Chat with drinks 5:00 Special Event (Casino Night) with Prizes</div>	<div>15</div> <div>10:00 Exercise and weights 11:00 Health Notes 1:30 Bingo with Prizes 3:00 Happy Hour 6:00 Friday at the Movies (Residents’ Choice)</div>	<div>16</div> <div>9:30 Word Search Puzzles 10:00 Cowboy shows 11:00 Saturday News (CNN) 1:30 Trip: Scenic Ride 2:00 Hydration Time (water or juice) 3:00 Sports Hour time</div>
<div>17</div> <div>9:30 Hampton Christian Church 10:30 Gospel Sounds Activity room 1:30 Sunday Matinee 3:30 Sports Hour (BASEBALL) 5:30 Adult Coloring</div>	<div>18</div> <div>10:00 Exercise and weights 10:30 Family Feud Game 11:00 Things in September 1:30 Bingo with Prizes 3:00 5 Second Rule 5:00 News at 5:00pm</div>	<div>19</div> <div>10:00 Brain Exercise with Legacy 10:30 Coffee, Tea and Pastries 11:00 Fun with Price is Right 2:00 Nature Spring video 2:30 Nail Care 3:30 Library Hour</div>	<div>20</div> <div>10:15 Exercise and weights 10:30 Spiritual Reading and Bible Trivia 1:30 Bingo with Prizes 2:30 Outside social and Cookies 4:00 Dominoes Club and Puzzles</div>	<div>21</div> <div>10:00 Physical Games (Ring Toss, Balloon Volleyball & Horse Racing) 10:30 Individual table Games 1:30 Trip: Lunch Outing 2:00 Nature Video 4:00 Uno and Puzzle time</div>	<div>22</div> <div>10:00 Exercise and weights 11:00 Health Notes 1:30 Bingo with Prizes 3:00 Happy Hour 6:00 Friday at the Movies (Residents’ Choice)</div>	<div>23</div> <div>9:30 Word Search Puzzles 10:00 Trip: Scenic Ride 11:00 Saturday News (CNN) 1:30 Individual Art and Crafts 2:00 Hydration Time (water or juice) 3:00 Sports Hour time</div>
<div>24</div> <div>9:30 Hampton Christian Church 10:30 Gospel Sounds Activity room 1:30 Sunday Matinee 3:30 Sports Hour (BASEBALL) 5:30 Adult Coloring</div>	<div>25</div> <div>10:00 Exercise and weights 10:30 Family Feud Game 11:00 Things in September 1:30 Bingo with Prizes 3:00 5 Second Rule 5:00 News at 5:00pm</div>	<div>26</div> <div>10:00 Brain Exercise with Legacy 10:30 Coffee, Tea and Pastries 11:00 Fun with Price is Right 2:00 Nature Spring video 2:30 Nail Care 6:00 Church Service with Hampton Christian Church</div>	<div>27</div> <div>10:15 Exercise and weights 10:30 Spiritual Reading and Bible Trivia 1:30 Bingo with Prizes 2:30 Outside social and Cookies 4:00 Dominoes Club and Puzzles</div>	<div>28</div> <div>10:00 Physical Games (Ring Toss, Balloon Volleyball & Horse Racing) 10:30 Individual table Games 11:00 Would you rather? Games 2:00 Birthdays Celebration of the Month 4:00 Uno and Puzzle time</div>	<div>29</div> <div>10:00 Exercise and weights 11:00 Health Notes 1:30 Bingo with Prizes 3:00 Happy Hour 6:00 Friday at the Movies (Residents’ Choice)</div>	<div>30</div> <div>9:30 Word Search Puzzles 10:00 Cowboy shows 11:00 Saturday News (CNN) 1:30 Trip: Scenic Ride 2:00 Hydration Time (water or juice) 3:00 Sports Hour time</div>

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.

