

A Handful of M&M's Trivia

It's the chocolate covered in a candy shell that "melts in your mouth, not in your hand." Munch on some facts about M&M's.

- A product of Mars Inc., about 400 million M&M's are made every day at the company's New Jersey and Tennessee factories.
- They were introduced in 1941 as U.S. military rations during World War II.
- The candies originally came in six colors: red, orange, yellow, green, purple and brown.
- When peanut M&M's debuted in 1954, they were only made in the color tan.
- The trademark "m" was first stamped on the pieces in 1950.
- When Mars wanted to replace its tan M&M's in 1995, they let fans choose the new color. In a choice between blue, pink or purple, blue won with 54% of the vote.
- A typical package today contains a mix of 30% brown candies, 20% each of yellow and red, and 10% each of orange, green and blue.
- M&M's are provided as a snack for astronauts aboard the International Space Station.
- Souvenir boxes of red, white and blue M&M's have been given out by the White House since 1988.
- The popular M&M's "spokescandy" characters first appeared in TV commercials in the 1950s.
- Today, chocolate lovers have their pick of M&M's in a variety of flavors and sizes.

Flannel Fashions

People of all ages are likely to have a flannel shirt hanging in their closet, at the ready with soft, cozy comfort.

Flannel was invented in 17th-century Wales, known for its cold, drizzly winters. Wanting a fabric that was comfortable, but offered protection from the elements, weavers applied a new process called carding to their wool yarns, making them thinner and softer, yet still strong and durable.

The new woven fabric spread to the rest of Europe and was brought to the U.S. in the 1800s. Throughout the Industrial Revolution and into the 20th century, flannel shirts, jackets and undergarments were popular with men who labored at jobs such as railroad building, logging and construction. A collared flannel shirt, often in a plaid pattern, emerged as the unofficial uniform of the rugged working man.

Flannel shirts with buttoned chest pockets were issued to soldiers during both world wars, and they remained popular with returning veterans. By the 1950s, the gray flannel suit became the standard attire for many businessmen, combining comfort and elegance.

Flannel also became a staple fabric for women's fashions, pajamas and bedding.



The Devonshire

Lifestyle



Like Us!



Assisted Living Community

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

OCTOBER 2020

A Bumper Crop of Health Benefits

Pumpkins are popping up everywhere, but don't miss an opportunity for this superfood to decorate your plate. It has a bounty of health benefits.

A strong immune system is vital, especially during fall and winter. In addition to a good amount of vitamin C, pumpkin is packed with beta carotene, an antioxidant that gives the squash its bright orange color. The body converts beta carotene to vitamin A, which along with vitamin C, helps fight off infections and viruses. Vitamin A also supports vision and eye health.

Take advantage of this fall fruit for its stomach-satisfying fiber. Eating a serving of pumpkin can help you feel full and promotes healthy digestion. Additionally, high-fiber foods are essential for a healthy heart and stable blood sugar levels.

The potassium found in pumpkin also contributes to heart health and can pump up muscle function. There's more potassium in a cup of pumpkin than in a banana.

Take note of an important reminder from nutritionists: Many festive ways to eat pumpkin aren't so healthy, particularly pumpkin-flavored foods that are processed or loaded with sugar. Pumpkin pie, pumpkin muffins and pumpkin spice lattes are seasonal menu favorites that should be indulged in as an occasional treat.

Simple Ways To Make Someone Smile

World Smile Day, Oct. 2, is a day devoted to spreading smiles. It's easy to celebrate; just make those around you beam with happiness by way of a kind act.

Simply letting someone know you thought of them will produce a grin. All it takes is a sincere compliment, a thank-you, a word of encouragement, or expressing why you're proud of them. Sharing a silly joke often works too!

Seeing your words can be powerful to another person. Go old school and write them a handwritten letter. Jot some positive thoughts on sticky notes and post them around your community. Put a note in your mailbox saluting the letter carrier.

Everyone likes an unexpected treat, so surprise someone with homemade cookies or buy a candy bar or cup of coffee and give it away. Leave a few quarters at the laundromat or add coins to a random parking meter. Drop off or mail a care package.

OCTOBER 2020

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

Country Store

Tuesday, Thursday & Sunday
11 a.m.-Noon

“Autumn’s the mellow time.”

—William Allingham

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
4	5	6	7	8	9	10
9:30 TV Sunday Service, AR 10:30 Gospel Sounds in Residents' Rooms 2:00 <i>Sunday Matinee, AR</i> 5:00 Individual Art	10:00 Door to Door Check 10:30 Daily Update, Deep Breathing & Stretching 11:00 Art & Crafts Day 11:00 Breast Cancer Awareness Month 1:30 Bingo w/Prizes, AH 3:00 Ice Cream Social, AH	10:00 Coffee and Chat w/Muffins, AR 10:30 Health Talk (Fruits) 11:00 Physical Game: Ring Toss, AH 11:00 Breast Cancer Awareness Month 1:30 Nail Care, AR 3:30 Library Books	10:00 Spiritual Reading, AR 10:30 Daily Update, Deep Breathing & Stretching 11:00 Cookie Day (Sugar Cookies), DR 11:00 Breast Cancer Awareness Month 1:30 Bingo w/Prizes, AH 3:00 Movie Time 10 Residents, AR 3:15 Outside w/Nature, CY	1:30 Homemade Cookies Day, AH 9:30 Outside w/Word Games, CY 10:00 Coffee and Chat w/Muffins, AR 11:00 Breast Cancer Awareness Month 3:45 Music in the Hallway Day	10:00 Door-to-Door Trivia, AR 10:30 Daily Update, Deep Breathing & Stretching 11:00 Outside w/Nature, CY 1:30 Bingo w/Prizes, AH 3:00 Root Beer Floats, AR	10:00 Individual Word Finding and Crossword Puzzle 11:00 Individual Adult Coloring 2:30 Outside Sitting, AR
11	12	13	14	15	16	17
9:30 TV Sunday Service, AR 10:30 Gospel Sounds in Residents' Rooms 2:00 <i>Sunday Matinee, AR</i> 5:00 Individual Art	COLUMBUS DAY 10:00 Columbus Day Word Games, AH 10:30 Daily Update, Deep Breathing & Stretching 11:00 Breast Cancer Awareness Month 1:30 Bingo w/Prizes, AH 3:00 Ice Cream Social, AH 3:30 Nature Video (Birds), AR	10:00 Coffee and Chat w/Muffins, AR 11:00 Physical Game: Ring Toss, AH 11:00 Breast Cancer Awareness Month 1:30 Nail Care, AR 2:30 Root Beer Float 3:30 Library Books	10:00 Spiritual Reading, AR 10:30 Daily Update, Deep Breathing & Stretching 11:00 Cookie Day (Sugar Cookies), DR 11:00 Breast Cancer Awareness Month 1:30 Bingo w/Prizes, AH 3:00 Movie Time 10 Residents, AR	10:00 Coffee and Chat w/Muffins, AR 10:30 Individual Board Games, AR 11:00 Breast Cancer Awareness Month 2:30 Harvest Fest, AH 3:45 Music in the Hallway Day	9:15 Bosses Day! 10:00 Door-to-Door Trivia, AR 10:30 Daily Update, Deep Breathing & Stretching 1:30 Bingo w/Prizes, AH 3:00 Happy Hour and Fun w/Hallway Music, AH	10:00 Individual Word Finding and Crossword Puzzle 11:00 Individual Adult Coloring 2:30 Outside Sitting, AR
18	19	20	21	22	23	24
9:30 TV Sunday Service, AR 10:30 Gospel Sounds in Residents' Rooms 2:00 <i>Sunday Matinee, AR</i> 5:00 Individual Art	10:00 Door to Door Check 10:30 Daily Update, Deep Breathing & Stretching 11:00 Fall Crafts and Apple Cider 11:00 Breast Cancer Awareness Month 1:30 Bingo w/Prizes, AH 3:00 Ice Cream Social, AH	10:00 Physical Games, AR 10:00 Coffee and Chat w/Muffins, AR 11:00 Physical Game: Ring Toss, AH 11:00 Breast Cancer Awareness Month 1:30 Nail Care, AR 3:30 Library Books	10:00 Spiritual Reading, AR 10:30 Daily Update, Deep Breathing & Stretching 11:00 Cookie Day (Sugar Cookies), DR 11:00 Breast Cancer Awareness Month 1:30 Bingo w/Prizes, AH 3:00 Movie Time 10 Residents, AR 3:15 Outside w/Nature, CY	10:00 Coffee and Chat w/Muffins, AR 11:00 Breast Cancer Awareness Month 3:00 National Cherries Jubilee Social, AH 3:45 Music in the Hallway Day	10:00 Door-to-Door Trivia, AR 10:30 Daily Update, Deep Breathing & Stretching 11:00 Outside w/Ring Toss, CY 1:30 Bingo w/Prizes, AH 3:15 TGIF Happy Hour Social, AR	10:00 Individual Word Finding and Crossword Puzzle 11:00 Individual Adult Coloring 2:30 Outside Sitting, AR
25	26	27	28	29	30	31
9:30 TV Sunday Service, AR 10:30 Gospel Sounds in Residents' Rooms 2:00 <i>Sunday Matinee, AR</i> 5:00 Individual Art	10:00 Summer Trivia, AH 10:00 Door to Door Check 10:30 Daily Update, Deep Breathing & Stretching 11:00 Things in History Today, AH 11:00 Breast Cancer Awareness Month 1:30 Bingo w/Prizes, AH 3:00 Ice Cream Social, AH	10:00 Coffee and Chat w/Muffins, AR 11:00 Physical Game: Ring Toss, AH 11:00 Breast Cancer Awareness Month 12:30 Residents' Council Meeting, AR 1:30 Nail Care, AR 3:00 Hydration Drinks (Door to Door), AH 3:30 Library Books	10:00 Spiritual Reading, AR 10:30 Daily Update, Deep Breathing & Stretching 11:00 Cookie Day (Sugar Cookies), DR 11:00 Breast Cancer Awareness Month 1:30 Bingo w/Prizes, AH 3:00 Refreshing Fresh Fruit Cups 3:00 Movie Time 10 Residents, AR	10:00 Coffee and Chat w/Muffins, AR 10:30 National Cat Day (Video) 11:00 Breast Cancer Awareness Month 3:45 Music in the Hallway Day	10:00 Door-to-Door Trivia, AR 10:30 Daily Update, Deep Breathing & Stretching 11:00 Halloween Snacks 1:30 Bingo w/Prizes, AH 3:00 Pre Halloween Party	HALLOWEEN 10:00 Individual Word Finding and Crossword Puzzle 11:00 Individual Adult Coloring 2:30 Outside Sitting, AR