

# The Devonshire *Lifestyle*



Like Us!



Assisted Living Community

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## Wit & Wisdom

"Fall has always been my favorite season. The time when everything bursts with its last beauty, as if nature had been saving up all year for the grand finale."

—Lauren DeStefano

"Autumn's the mellow time."

—William Allingham

"It was one of those perfect fall days when the air is cool enough to wake you up but the sun is also kissing your face."

—Anita Diamant

"Life starts all over again when it gets crisp in the fall."

—F. Scott Fitzgerald

"Two sounds of autumn are unmistakable ... the hurrying rustle of crisp leaves blown along the street ... and the gabble of a flock of migrating geese."

—Hal Borland

"I can smell autumn dancing in the breeze. The sweet chill of pumpkin, and crisp sunburnt leaves."

—Ann Drake

"It was a beautiful bright autumn day, with air like cider and a sky so blue you could drown in it."

—Diana Gabaldon

"There is something incredibly nostalgic and significant about the annual cascade of autumn leaves."

—Joe L. Wheeler

"I've never known anyone yet who doesn't suffer a certain restlessness when autumn rolls around. ... We're all 8 years old again and anything is possible."

—Sue Grafton



## OCTOBER 2022

### A Note From Our Executive Director



October is here! I'm looking forward to a month of fall weather and fun festivities. Our Special Event this month is a German themed "Oktoberfest". We are also having a Health Fair. Be sure to check the calendar for our daily activities and special events, and plan to join us for a good time! It's a joy to have you here, and feel free to stop

by my office anytime with questions or comments.

### Golden Blooms

With their seasonal shades of vibrant orange and golden yellow, marigolds are a classic fall flower. Marigolds sprout quickly and grow fast, showing off colorful blooms from spring through fall. Two of the most common types are French marigolds, which are small and bushy, and tall African marigolds with large blossoms.

Attracting butterflies, ladybugs and other beneficial insects, marigolds are featured in many flowerbeds. They're also popular companion plants for common garden vegetables, especially tomatoes, since their strong scent repels certain pests. In addition to their typical warm, golden hues, marigolds can be deep red, creamy white, or two-toned.

For centuries, bouquets and garlands of marigolds have been used to decorate the graves and elaborate home altars that honor departed loved ones.



OCTOBER 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

Ayleen Riley - 10/3  
Kenneth Bailly - 10/6  
Elizabeth Green - 10/20  
Shirley Price - 10/27  
Richard Pawlewicz - 10/30

Fall Splendor

In many parts of the country, brilliant autumn leaves are on display during nature’s annual art show. Weather patterns throughout the year play a big part in how vibrant the colors will be. A warm, rainy spring; mild summer; and a fall with sunny days and crisp, cool nights are the ideal conditions for creating a colorful palette.

“If everyone started off the day singing, just think how happy they’d be.”  
—Lauren Myracle

Activities Subject to Change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
<div>2</div> <div>9:30 Hampton Christian Church</div> <div>10:30 Gospel Sounds (in activity room)</div> <div>1:00 Individual Chat Hour with Drinks</div> <div>2:00 Sunday Matinee</div> <div>5:00 Individual Walking in Courtyard</div>	<div>3</div> <div>10:00 Exercise and weights</div> <div>10:30 Keep minds alert Trivia)</div> <div>11:00 Fun with Price is Right</div> <div>1:30 Bingo with Prizes</div> <div>3:00 Travel Video (where are you from?)</div>	<div>4</div> <div>10:00 Brain Exercise with Legacy</div> <div>11:00 Outside with Nature</div> <div>1:30 Satie Nail Care</div> <div>2:00 At the Movies Residents Choice</div> <div>2:30 Afternoon Tea with Pastries</div> <div>4:00 Table Games (Uno or Scrabble)</div>	<div>5</div> <div>10:00 Exercise and weights</div> <div>10:30 Spiritual Reading</div> <div>11:00 Finish Line and Second Rule</div> <div>1:30 Bingo with Prizes</div> <div>2:30 Hydration Time (water or Juice)</div> <div>3:00 Library Hour</div>	<div>6</div> <div>10:00 Thursday Art and Crafts</div> <div>10:30 Outside Chat</div> <div>11:00 Family Feud Game</div> <div>1:30 Trip: Scenic Ride</div> <div>2:00 Baking Club (cookies)</div> <div>4:00 World News</div>	<div>7</div> <div>10:00 Exercise with weight</div> <div>10:30 Facts and word Games</div> <div>11:00 Fun with Price is Right</div> <div>1:30 Bingo with Prizes</div> <div>3:00 TGIF SOCIAL</div> <div>5:30 Friday Evening at the Movies</div>	<div>8</div> <div>10:00 Individual Creative Art</div> <div>10:30 Western Shows</div> <div>11:00 Hydration Time (water or juice)</div> <div>1:00 Outside sitting in the Courtyard</div> <div>2:00 Individual Word Finding &amp; Crossword</div> <div>5:00 Sports Hour time</div>
<div>9</div> <div>9:30 Hampton Christian Church</div> <div>10:30 Gospel Sounds (in activity room)</div> <div>1:00 Individual Chat Hour with Drinks</div> <div>2:00 Sunday Matinee</div> <div>5:00 Individual Walking in Courtyard</div>	<div>10</div> <div>Columbus Day</div> <div>10:00 Exercise and weights</div> <div>10:30 Keep minds alert Trivia)</div> <div>11:00 Fun with Price is Right</div> <div>1:30 Bingo with Prizes</div> <div>3:00 Travel Video (where are you from?)</div>	<div>11</div> <div>10:00 Brain Exercise with Legacy</div> <div>11:00 Outside with Nature</div> <div>1:30 Satie Nail Care</div> <div>2:00 At the Movies Residents Choice</div> <div>2:30 Afternoon Tea with Pastries</div> <div>4:00 Table Games (Uno or Scrabble)</div>	<div>12</div> <div>10:00 Exercise and weights</div> <div>10:30 Spiritual Reading</div> <div>11:00 Finish Line and Second Rule</div> <div>1:30 Bingo with Prizes</div> <div>2:30 Hydration Time (water or Juice)</div> <div>3:00 Library Hour</div>	<div>13</div> <div>10:00 Fall Painting</div> <div>11:00 October Trivia Plus word Games</div> <div>1:30 Nature Video</div> <div>3:00 Snacks Time Social</div> <div>5:00 Special Event OKTOBERFEST</div>	<div>14</div> <div>10:00 Exercise with weight</div> <div>10:30 Facts and word Games</div> <div>11:00 Fun with Price is Right</div> <div>1:30 Bingo with Prizes</div> <div>3:00 TGIF SOCIAL</div> <div>5:30 Friday Evening at the Movies</div>	<div>15</div> <div>10:00 Individual Creative Art</div> <div>10:30 Western Shows</div> <div>11:00 Hydration Time (water or juice)</div> <div>1:00 Outside sitting in the Courtyard</div> <div>2:00 Individual Word Finding &amp; Crossword</div> <div>5:00 Sports Hour time</div>
<div>16</div> <div>9:30 Hampton Christian Church</div> <div>10:30 Gospel Sounds (in activity room)</div> <div>1:00 Individual Chat Hour with Drinks</div> <div>2:00 Sunday Matinee</div> <div>5:00 Individual Walking in Courtyard</div>	<div>17</div> <div>10:00 Exercise and weights</div> <div>10:30 Keep minds alert Trivia)</div> <div>11:00 Fun with Price is Right</div> <div>1:30 Bingo with Prizes</div> <div>3:00 Travel Video (where are you from?)</div>	<div>18</div> <div>10:00 Brain Exercise with Legacy</div> <div>11:00 Outside with Nature</div> <div>1:30 Satie Nail Care</div> <div>2:00 At the Movies Residents Choice</div> <div>2:30 Afternoon Tea with Pastries</div> <div>4:00 Table Games (Uno or Scrabble)</div>	<div>19</div> <div>10:00 Exercise and weights</div> <div>10:30 Spiritual Reading</div> <div>11:00 Finish Line and Second Rule</div> <div>1:30 Bingo with Prizes</div> <div>2:30 Hydration Time (water or Juice)</div> <div>3:00 Library Hour</div>	<div>20</div> <div>10:30 Trip: Lunch Outing</div> <div>11:00 October Trivia Plus word Games</div> <div>1:30 Nature Video</div> <div>3:00 Snacks Time Social</div> <div>5:00 World News</div>	<div>21</div> <div>10:00 Exercise with weight</div> <div>10:30 Facts and word Games</div> <div>11:00 Fun with Price is Right</div> <div>1:30 Bingo with Prizes</div> <div>3:00 TGIF SOCIAL</div> <div>5:30 Friday Evening at the Movies</div>	<div>22</div> <div>10:00 Individual Creative Art</div> <div>10:30 Western Shows</div> <div>11:00 Hydration Time (water or juice)</div> <div>1:00 Outside sitting in the Courtyard</div> <div>2:00 Individual Word Finding &amp; Crossword</div> <div>5:00 Sports Hour time</div>
<div>23</div> <div>9:30 Hampton Christian Church</div> <div>10:30 Gospel Sounds (in activity room)</div> <div>1:00 Individual Chat Hour with Drinks</div> <div>2:00 Sunday Matinee</div> <div>5:00 Individual Walking in Courtyard</div>	<div>24</div> <div>10:00 Exercise and weights</div> <div>10:30 Keep minds alert Trivia)</div> <div>11:00 Fun with Price is Right</div> <div>1:30 Bingo with Prizes</div> <div>3:00 Travel Video (where are you from?)</div>	<div>25</div> <div>10:00 Brain Exercise with Legacy</div> <div>11:00 Outside with Nature</div> <div>1:30 Satie Nail Care</div> <div>2:00 At the Movies Residents Choice</div> <div>2:30 Afternoon Tea with Pastries</div> <div>4:00 Table Games (Uno or Scrabble)</div>	<div>26</div> <div>10:00 Exercise and weights</div> <div>10:30 Spiritual Reading</div> <div>11:00 Finish Line and Second Rule</div> <div>1:30 Bingo with Prizes</div> <div>2:30 Hydration Time (water or Juice)</div> <div>3:00 Library Hour</div>	<div>27</div> <div>10:00 HEALTH FAIR</div> <div>10:00 Health video on Fruits and Veggie</div> <div>11:00 October Trivia Plus word Games</div> <div>1:30 Nature Video</div> <div>3:00 Snacks Time Social</div> <div>5:00 World News</div>	<div>28</div> <div>10:00 Exercise with weight</div> <div>10:30 Facts and word Games</div> <div>11:00 Fun with Price is Right</div> <div>1:30 Bingo with Prizes</div> <div>5:30 Friday Evening at the Movies</div>	<div>29</div> <div>10:00 Individual Creative Art</div> <div>10:30 Western Shows</div> <div>11:00 Hydration Time (water or juice)</div> <div>1:00 Outside sitting in the Courtyard</div> <div>2:00 Individual Word Finding &amp; Crossword</div> <div>5:00 Sports Hour time</div>
<div>30</div> <div>9:30 Hampton Christian Church</div> <div>10:30 Gospel Sounds (in activity room)</div> <div>1:00 Individual Chat Hour with Drinks</div> <div>2:00 Sunday Matinee</div> <div>5:00 Individual Walking in Courtyard</div>	<div>31</div> <div>10:00 Exercise and weights</div> <div>10:30 Keep minds alert Trivia)</div> <div>11:00 Fun with Price is Right</div> <div>1:30 Bingo with Prizes</div> <div>2:00 HALLOWEEN PARTY</div> <div>3:00 Travel Video (where are you from?)</div>					



# October Employee of the Month



Congratulations to our employee of the month, Andrea Hayes. Andrea is a Med Tech and has been employed with us for 3 months. When asked what she likes about working with seniors she said, "I love to help those that can't help themselves. The smile on their face is payment enough. No two days are ever the same." In her spare time she enjoys gardening, painting, and cooking. She is a Mom to a 22 year old and 2 fur babies. For her birthday every year she goes to the West Indian Day Parade on Eastern Parkway in Brooklyn, New York. When she was looking for her next career, she was looking for a place to grow and have a work family. She said that The Devonshire has been very warm and inviting since she has been here.

## A Glowing Goodbye

"Autumn glows upon us like a splendid evening; it is the very sunset of the year." — Mary Russell Mitford

## Brain Bender: Harvest Party

Kent, Gloria, Rusty and Alexis are in charge of the neighborhood harvest party. Each person is responsible for organizing one of the following activities: a hayride, a corn maze, pumpkin chucking, and bobbing for apples. Each also must bring a food or drink: candied apples, popcorn, apple cider or hot chocolate.

If a person is in charge of an activity, they won't participate in it, nor will they eat or drink the refreshments they brought. Can you figure out who planned each activity and the food or drink they provided?

- Gloria was the first one to make her way through the corn maze.
- Kent, who did not create the corn maze, bet Rusty that he would beat him at pumpkin chucking.
- The person who planned the pumpkin-chucking contest also brought apple cider.
- Kent snacked on popcorn and a candied apple.
- Gloria had trouble finding enough apples for her activity, so she had to switch with somebody else.
- Alexis is allergic to all types of corn.
- The hayride started late because the driver had to set up the hot chocolate station first.
- Rusty enjoyed a candied apple while he waited for the hayride.

*(Answer: Kent planned the hayride and brought hot chocolate. Gloria organized the pumpkin-chucking contest and provided apple cider. Rusty created the corn maze and supplied popcorn. Alexis organized the apple-bobbing game and brought candied apples.)*



## Getting Through Flu Season

The timing and severity with which influenza strikes can vary each year, but it's known to begin as early as September and continue until May. In the United States, flu usually peaks in January or February. Below are some tips to help you steer clear of flu this season.

**Get vaccinated.** For those six months and older, getting a yearly flu shot is the first step to avoiding the flu. The vaccine protects against the main flu strains that cause people to get ill. Try to get vaccinated early, when the medicine becomes available, so you are protected throughout the season.

**Wash your hands.** Frequent hand-washing keeps germs away and prevents infections. Make sure to thoroughly scrub for at least 15 seconds. If you don't have soap and water nearby, use an alcohol-based hand sanitizer.

**Cover coughs and sneezes.** To prevent contaminating the air, always cover your mouth when you cough or sneeze. For best results, cough or sneeze into a tissue or the crook of your elbow to protect your hands from germs.

**Stay home.** Flu easily spreads in large groups. Although it isn't a guaranteed way to escape the flu, you can reduce your risk of contracting it if you avoid crowds during the peak flu season.