

The Devonshire *Lifestyle*



Like Us!



Assisted Living Community

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

Activities for Breast Cancer Awareness Month

Every October, people come together to support the fight against breast cancer, and there are numerous ways to get involved.

Put on some pink. The color pink is a global symbol of breast cancer awareness. Sporting a pink ribbon and other accessories is a simple way to spark conversation about the disease. Some workplaces, schools and other groups designate a Pink Out Day, when participants make a donation and dress in pink to raise money and awareness.

Walk for a cure. Communities often host a 5K race or walk-a-thon in honor of Breast Cancer Awareness Month. These fundraising events allow people to join together and show widespread support to those battling breast cancer.

Go shopping. Many national brands and local businesses run promotions during October, when proceeds from the sales of specific items are donated to breast cancer organizations. Whether buying clothing, beauty products or baked goods, shopping can help fund the cause.

Give back. If you want to contribute money, choose charities that focus on patient support and/or research initiatives. To donate items such as blankets, hats and cards of encouragement, check with local hospitals and treatment centers to see if they accept donations for their breast cancer patients.



Delightful Days

"In the entire circle of the year there are no days so delightful as those of a fine October." —Alexander Smith

OCTOBER 2023

A Note From Our Executive Director

October is here! I'm looking forward to a month of fall weather and fun festivities. Be sure to check the calendar for our daily activities and special events, and plan to join us for a good time! You don't want to miss our Oktoberfest this month. We will have Jack here to play some music for us. It's a joy to have you here, and feel free to stop by my office anytime with questions or comments.

Sincerely,
Walmeka Williams
Executive Director



Stay Healthy This Season

During cold and flu season, bolster your immunity by practicing the basics of good health: Wash your hands often, eat a nutritious diet, exercise regularly and get plenty of rest.

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.

OCTOBER 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

OCTOBER BIRTHDAYS

10/02	Ellen Oustinoff
10/06	Kenneth Bailey
10/22	Leamon Jones
10/27	Shirley Price

Make a Difference Day

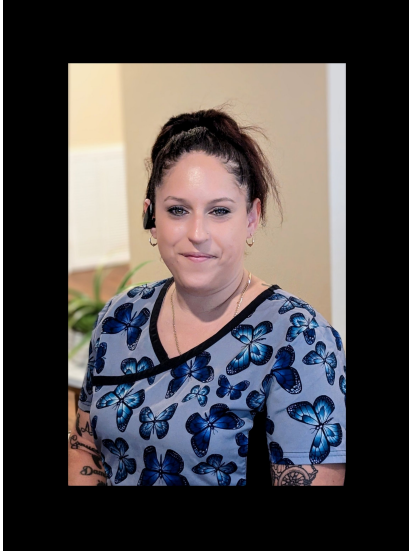
Even the smallest act of kindness can change someone’s day. Do what you can on Make a Difference Day, the fourth Saturday in October.

“Hope is like the sun, which, as we journey towards it, casts the shadow of our burden behind us.”
—Samuel Smiles

Activities Subject to Change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>1</div> <div>9:30 Hampton Christian Church</div> <div>10:30 Gospel Sounds Activity room</div> <div>1:30 Sunday Matinee</div> <div>3:30 Sports Hour (FOOTBALL)</div> <div>5:30 Adult Coloring</div>	<div>2</div> <div>10:00 Exercise and weights</div> <div>10:30 Family Feud Game</div> <div>11:00 Things in OCTOBER</div> <div>1:30 Bingo with Prizes</div> <div>3:00 5 Second Rule</div> <div>5:00 News at 5:00pm</div>	<div>3</div> <div>10:00 Brain Exercise with Legacy</div> <div>10:30 Coffee, Tea and Pastries</div> <div>11:00 Fun with Price is Right</div> <div>2:00 Nature Spring video</div> <div>2:30 Nail Care</div> <div>3:30 Library Hour</div>	<div>4</div> <div>10:15 Exercise and weights</div> <div>10:30 Spiritual Reading and Bible Trivia</div> <div>1:30 Bingo with Prizes</div> <div>2:30 Outside social and Cookies</div> <div>4:00 Dominoes Club and Puzzles</div>	<div>5</div> <div>Breast Cancer Awareness</div> <div>10:00 Information on Breast Cancer and Visit Display</div> <div>11:00 Price is Right</div> <div>1:30 At the Movies (with snacks and drinks)</div> <div>2:00 Trip: Big Lots</div> <div>3:00 Table Games (UNO or Cards)</div>	<div>6</div> <div>10:00 Exercise and weights</div> <div>11:00 Health Notes</div> <div>1:30 Bingo with Prizes</div> <div>3:00 Happy Hour</div> <div>6:00 Friday at the Movies (Residents’ Choice)</div>	<div>7</div> <div>9:30 Word Search Puzzles</div> <div>10:00 Cowboy shows</div> <div>11:00 Saturday News (CNN)</div> <div>1:30 Individual Art and Crafts</div> <div>2:00 Hydration Time (water or juice)</div> <div>3:00 Sports Hour time</div>
<div>8</div> <div>9:30 Hampton Christian Church</div> <div>10:30 Gospel Sounds Activity room</div> <div>1:30 Sunday Matinee</div> <div>3:30 Sports Hour (FOOTBALL)</div> <div>5:30 Adult Coloring</div>	<div>9</div> <div>Columbus Day</div> <div>10:00 Exercise and weights</div> <div>10:30 Family Feud Game</div> <div>11:00 Things in OCTOBER</div> <div>1:30 Bingo with Prizes</div> <div>3:00 5 Second Rule</div> <div>5:00 News at 5:00pm</div>	<div>10</div> <div>10:00 Brain Exercise with Legacy</div> <div>10:30 Coffee, Tea and Pastries</div> <div>11:00 Fun with Price is Right</div> <div>2:00 Nature Spring video</div> <div>2:30 Nail Care</div> <div>3:30 Library Hour</div>	<div>11</div> <div>10:15 Exercise and weights</div> <div>10:30 Spiritual Reading and Bible Trivia</div> <div>1:30 Bingo with Prizes</div> <div>2:30 Outside social and Cookies</div> <div>4:00 Dominoes Club and Puzzles</div>	<div>12</div> <div>10:00 Physical Games (Corn Holds)</div> <div>11:00 Would you rather?</div> <div>1:30 At the Movies (with snacks and drinks)</div> <div>3:00 Table Games (UNO or Cards)</div> <div>5:00 Special Event (OKTOBERFEST) with Jack</div>	<div>13</div> <div>10:00 Exercise and weights</div> <div>11:00 Health Notes</div> <div>1:30 Bingo with Prizes</div> <div>3:00 Happy Hour</div> <div>6:00 Friday at the Movies (Residents’ Choice)</div>	<div>14</div> <div>9:30 Word Search Puzzles</div> <div>10:00 Cowboy shows</div> <div>11:00 Saturday News (CNN)</div> <div>1:30 Individual Art and Crafts</div> <div>1:30 Trip: Scenic Ride</div> <div>2:00 Hydration Time (water or juice)</div> <div>3:00 Sports Hour time</div>
<div>15</div> <div>9:30 Hampton Christian Church</div> <div>10:30 Gospel Sounds Activity room</div> <div>1:30 Sunday Matinee</div> <div>3:30 Sports Hour (FOOTBALL)</div> <div>5:30 Adult Coloring</div>	<div>16</div> <div>10:00 Exercise and weights</div> <div>10:30 Family Feud Game</div> <div>11:00 Things in OCTOBER</div> <div>1:30 Bingo with Prizes</div> <div>3:00 5 Second Rule</div> <div>5:00 News at 5:00pm</div>	<div>17</div> <div>10:00 Brain Exercise with Legacy</div> <div>10:30 Coffee, Tea and Pastries</div> <div>11:00 Fun with Price is Right</div> <div>2:00 Nature Spring video</div> <div>2:30 Nail Care</div> <div>3:30 Library Hour</div>	<div>18</div> <div>10:15 Exercise and weights</div> <div>10:30 Spiritual Reading and Bible Trivia</div> <div>1:30 Bingo with Prizes</div> <div>2:30 Outside social and Cookies</div> <div>4:00 Dominoes Club and Puzzles</div>	<div>19</div> <div>10:00 Physical Games and Scrabble</div> <div>10:00 Trip: Lunch Outing</div> <div>11:00 Would you rather?</div> <div>1:30 At the Movies (with snacks and drinks)</div> <div>3:00 Table Games (UNO or Cards)</div>	<div>20</div> <div>10:00 Exercise and weights</div> <div>11:00 Health Notes</div> <div>1:30 Bingo with Prizes</div> <div>3:00 Happy Hour</div> <div>6:00 Friday at the Movies (Residents’ Choice)</div>	<div>21</div> <div>9:30 Word Search Puzzles</div> <div>10:00 Cowboy shows</div> <div>11:00 Saturday News (CNN)</div> <div>1:30 Individual Art and Crafts</div> <div>2:00 Hydration Time (water or juice)</div> <div>3:00 Sports Hour time</div>
<div>22</div> <div>9:30 Hampton Christian Church</div> <div>10:30 Gospel Sounds Activity room</div> <div>1:30 Sunday Matinee</div> <div>3:30 Sports Hour (FOOTBALL)</div> <div>5:30 Adult Coloring</div>	<div>23</div> <div>10:00 Exercise and weights</div> <div>10:30 Family Feud Game</div> <div>11:00 Things in OCTOBER</div> <div>1:30 Bingo with Prizes</div> <div>3:00 5 Second Rule</div> <div>5:00 News at 5:00pm</div>	<div>24</div> <div>10:00 Brain Exercise with Legacy</div> <div>10:30 Coffee, Tea and Pastries</div> <div>11:00 Fun with Price is Right</div> <div>2:00 Nature Spring video</div> <div>2:30 Nail Care</div> <div>3:30 Library Hour</div> <div>6:00 Church Service with Hampton Christian Church</div>	<div>25</div> <div>10:15 Exercise and weights</div> <div>10:30 Spiritual Reading and Bible Trivia</div> <div>1:30 Bingo with Prizes</div> <div>2:30 Outside social and Cookies</div> <div>4:00 Dominoes Club and Puzzles</div>	<div>26</div> <div>HEALTH FAIR</div> <div>10:00 Physical Games (Connect 4)</div> <div>11:00 Would you rather?</div> <div>1:30 Birthday Party of the Month</div> <div>2:30 Musical Documentary</div> <div>4:00 Table Games (UNO or Cards)</div>	<div>27</div> <div>10:00 Individual inside Walking</div> <div>10:30 Trip: Food Lion</div> <div>1:30 Bingo with Prizes</div> <div>3:00 Happy Hour</div> <div>6:00 Friday at the Movies (Residents’ Choice)</div>	<div>28</div> <div>9:30 Word Search Puzzles</div> <div>10:00 Cowboy shows</div> <div>11:00 Saturday News (CNN)</div> <div>1:30 Individual Art and Crafts</div> <div>1:30 Trip: Scenic Ride</div> <div>2:00 Hydration Time (water or juice)</div> <div>3:00 Sports Hour time</div>
<div>29</div> <div>9:30 Hampton Christian Church</div> <div>10:30 Gospel Sounds Activity room</div> <div>1:30 Sunday Matinee</div> <div>3:30 Sports Hour (FOOTBALL)</div> <div>5:30 Adult Coloring</div>	<div>30</div> <div>10:00 Exercise and weights</div> <div>10:30 Family Feud Game</div> <div>11:00 Things in OCTOBER</div> <div>1:30 Bingo with Prizes</div> <div>3:00 5 Second Rule</div> <div>5:00 News at 5:00pm</div>	<div>31</div> <div>10:00 Brain Exercise with Legacy</div> <div>10:30 Coffee, Tea and Pastries</div> <div>11:00 Fun with Price is Right</div> <div>2:00 Halloween Party</div> <div>3:30 Library Hour</div> <div>6:00 Church Service with Hampton Christian Church</div>				

October Employee of the Month



Our October employee of the month is Rosanne Lopez. Rosanne is an RMA in our Assisted Living community. She has been working here for a year and a half now. She really likes working here and enjoys caring for our residents. She enjoys spending time with her kids, drawing, and she loves animals. She also enjoys Mexican food and going to Water Country during the summertime. She would love to visit Hawaii one day.

S'more Substitutions

Craving a campfire treat, but don't have all the classic s'mores ingredients? Get creative with items in your cupboard. Vanilla wafers, shortbread cookies, butter crackers and pretzels can stand in for graham crackers, and instead of chocolate, fruit, chocolate syrup or any other candy bar will do. You may discover a new favorite combination!

Not Your Usual Pumpkins

While the classic round, orange pumpkin is an iconic seasonal sight, chances are you've noticed the unusual heirloom varieties that have cropped up. And the trend is the weirder the better, say plant breeders. From the eerie to the whimsical, pumpkins in peculiar shapes, colors and textures are popular picks.



Wonders of the Night Sky

Take time to look up and appreciate the marvels of the night sky. That's the mission behind Astronomy Day on Oct. 9. The biannual event, celebrated each fall and spring, invites people to get into stargazing, whether it's from their backyard, an observatory or planetarium, or a virtual event that streams telescopic views.

Halloween Party

You'll have a bewitching time at our Halloween party! Join us for frighteningly good food, games, entertainment and fun! Costumes encouraged, but not required. See calendar for details.



Have a Cozy Night In

Why go out when you can stay in and have an evening all to yourself? If you find yourself feeling guilty for saying no to activities and relaxing instead, focus on making your night at home a special one. Dress in your coziest socks and sweats, warm up a soothing beverage, dim the lights, and settle in with a book or feel-good movie for some ultimate me time.



A Dose of Fun

At a busy clinic, a nurse approached the doctor and said, "The Invisible Man is here, but he doesn't have an appointment." The doctor replied, "Sorry, I can't see him."

