

A Remembrance Day Poem (Veterans Day)

Remembrance Day

What is it?

To some it's just another day,
nothing to worry over.

To some it's a moment of
silence, just one fleeting
moment in a busy day, one
moment in a drop of time.

Lost in the flow of the
never-ending spiral of life
disappearing as fast as it came;
but to some, it is everything.

It's a day of tears and a day of
memories, a day of emotions
good and bad.

It's a day of hurt, a day of fears,
It's a day of Joy, celebration,
freedom, but why?

Why do we put ourselves
through the pain again and
again? The pain of injury,
The pain of loss, the pain of
remembering.

Maybe we do to feel the
joy, the joy of reunion, the
joy of healing, the joy of
remembering.

"In Flanders fields the poppies
blow" seeds like the strings of a
memory clinging to anything it
can find, never letting go.

Remember, and see, and never
forgets the sacrifice, the love,
the blood spilt.

Stay silent and let the sound
drift over you; the beautiful,
haunting tune that we cry to,
a melody that comforts those
who lie in peace.

Photo Corner



Residents really enjoyed
a Day in Italy!



Enjoying our Viva Italian!

The Devonshire Lifestyle

Assisted Living Community

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



Like Us!



November 2017

The Fight Against Alzheimer's

National Alzheimer's Disease Awareness Month takes place every November, but scientists and medical teams are working year-round to make strides in the diagnosis and treatment of this complex condition that affects millions of people worldwide.

Researchers are constantly learning more about Alzheimer's. Advances in brain imaging are helping provide a clearer understanding of how the brain is affected by the disease. Studies are exploring links to other health conditions, including heart disease, diabetes, stroke, high blood pressure and high cholesterol. This research may make earlier diagnosis of Alzheimer's possible, leading to better treatments and possible prevention.

Currently, there are medications that can temporarily slow the progression of symptoms and provide a better quality of life for patients. The Alzheimer's Association says several drugs that potentially could stop the disease from advancing are in the development and testing stages.

Non-medical therapies have been shown to help both patients and caregivers living with Alzheimer's. Music therapy often involves playing upbeat tunes during everyday activities, calming music near bedtime or to ease confusion, and familiar music from the patient's past to provide comfort and prompt memories. Art therapy can give patients a way to express themselves when communication is difficult.

Storytelling is another therapeutic technique and includes programs such as TimeSlips, which uses photographs to inspire those with Alzheimer's to create and share stories. Scrapbooks, photo albums and memory boxes are other tools that can encourage patients to reminisce and talk about their lives.

A Special Thanksgiving Dessert: Easiest-Ever Russian Tea Cakes

Ingredients:

- 1 roll (16.5-ounce) Pillsbury refrigerated sugar cookies
- 1/2 cup all-purpose flour
- 3/4 cup finely chopped pecans
- 1/2 teaspoon vanilla
- 1/2 cup plus 1 tablespoon powdered sugar

Steps:

Heat oven to 350°F. In large bowl, break up cookie dough. Stir or knead in flour, pecans and vanilla until well-blended.

Shape dough into 54 (one-inch) balls. Place one inch apart on ungreased cookie sheets.

Bake 10 to 14 minutes or until set but not brown. Remove from cookie sheet. Cool one minute on cooling rack.

Roll warm cookie in powdered sugar; place on cooling rack. Roll in powdered sugar again once cool.



NOVEMBER 2017

Locations

- Activities Room, AR
- Activities Room Hallway, AH
- Court Yard, CY
- Dining Room, DR
- Game Room, GR
- Independent Living Activities Room, IA
- Independent Living Dining Room, IL
- Outing, O
- Patio, P
- Windsor Room, WR

Transportation Schedule

- Thursday
- 11:10 a.m.
- Lunch Outings
- Sunday
- 2-4 p.m.
- Bus Ride

Birthdays

- Jean Larsen, 5th
- Genevieve Depp, 24th
- Helga Shatto, 29th

“I find that it’s the simple things that remind you of family around the holidays.”
—Amy Adams

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<div>1</div> <div>10:00 Chair Exercise, AR</div> <div>10:30 News & Views, AR</div> <div>2:00 Bingo With Prizes, AR</div> <div>3:30 Crafts With Nature, AR</div> <div>6:45 Fun Flicks & Popcorn, AR</div>	<div>2</div> <div>10:00 Zumba With Peggy, AR</div> <div>11:15 Day Trip With Lunch Outing, O</div> <div>1:30 Scenic Ride</div> <div>3:00 Songs of America, AR</div> <div>6:45 Card Games, AR</div>	<div>3</div> <div>10:00 Chair Exercise, AR</div> <div>10:30 Book Club & Doughnuts, AR</div> <div>1:45 Snack Bingo, AR</div> <div>2:00 Bingo With Prizes, AR</div> <div>3:15 Fun With Trivia, AR</div> <div>6:45 Jigsaw Puzzle Time, AR</div>	<div>4</div> <div>10:00 Coupons Picking, AR</div> <div>2:00 Cinema Saturdays, AR</div> <div>6:45 Checkers, AR</div>
<div>5</div> <div>DAYLIGHT SAVING ENDS</div> <div>9:00 Sunday School, AR</div> <div>9:30 Bible Scripture Reading (Ms. Dawn Taylor), AR</div> <div>10:30 Gospel Sounds, AR</div> <div>2:00 Bus Ride, O</div> <div>6:45 Art for the Heart, AR</div>	<div>6</div> <div>10:00 Chair Exercise, AR</div> <div>10:30 Book Club, AR</div> <div>1:30 Bean Bag Toss, DR</div> <div>2:30 Bingo, AR</div> <div>6:45 Card Games, AR</div>	<div>7</div> <div>ELECTION DAY</div> <div>9:45 Walking Warriors, AH</div> <div>10:30 Lemonade & Conversation, AR</div> <div>1:30 Art for the Heart, AR</div> <div>2:00 Nail Care, AR</div> <div>6:45 Card Games, AR</div>	<div>8</div> <div>10:00 Chair Exercise, AR</div> <div>10:30 News & Views, AR</div> <div>2:00 Bingo With Prizes, AR</div> <div>3:30 Crafts With Nature, AR</div> <div>6:45 Fun Flicks & Popcorn, AR</div>	<div>9</div> <div>10:00 Walking Warriors, AH</div> <div>10:30 Physical Games, AR</div> <div>11:10 Bus Ride/Possible Movie Outing, O</div> <div>3:00 Songs of America, AR</div> <div>6:45 Card Games, AR</div>	<div>10</div> <div>10:00 Chair Exercise, AR</div> <div>10:30 Book Club & Doughnuts, AR</div> <div>2:00 Bingo With Prizes, AR</div> <div>3:15 TGIF Social, AR</div> <div>6:45 Jigsaw Puzzle Time, AR</div>	<div>11</div> <div>VETERANS DAY</div> <div>10:00 Coupons Picking, AR</div> <div>2:00 Cinema Saturdays, AR</div> <div>6:45 Checkers, AR</div>
<div>12</div> <div>9:00 Sunday School, IA</div> <div>9:30 Bible Scripture Reading (Ms. Dawn Taylor), AR</div> <div>10:30 Gospel Sounds, AR</div> <div>2:00 Bus Ride, O</div> <div>6:45 Art for the Heart, AR</div>	<div>13</div> <div>10:00 Chair Exercise, AR</div> <div>10:30 Book Club, AR</div> <div>1:30 Dancing to the Music, AR</div> <div>2:30 Bingo, AR</div> <div>6:45 Card Games, AR</div>	<div>14</div> <div>9:45 Walking Warriors, AH</div> <div>10:15 Reminiscing, AR</div> <div>1:30 Art Expression, AR</div> <div>2:00 Nail Care, AR</div> <div>6:45 Card Games, AR</div>	<div>15</div> <div>10:00 Chair Exercise, AR</div> <div>10:30 News & Views, AR</div> <div>2:00 Bingo With Prizes, AR</div> <div>3:30 Nature Video (Birds), AR</div> <div>6:45 Fun Flicks & Popcorn, AR</div>	<div>16</div> <div>10:00 Yoga Movement, AR</div> <div>11:15 Day Trip With Lunch Outing, O</div> <div>1:30 Fall Scenic Ride, O</div> <div>3:00 Songs of America, AR</div> <div>6:45 Card Games, AR</div>	<div>17</div> <div>10:00 Chair Exercise, AR</div> <div>10:30 Book Club & Doughnuts, AR</div> <div>2:00 Bingo With Prizes, AR</div> <div>3:15 Fun With Trivia, AR</div> <div>6:45 Jigsaw Puzzle Time, AR</div>	<div>18</div> <div>10:00 Coupons Picking, AR</div> <div>2:00 Cinema Saturdays, AR</div> <div>6:45 Checkers, AR</div>
<div>19</div> <div>9:00 Sunday School, IA</div> <div>9:30 Bible Scripture Reading (Ms. Dawn Taylor), AR</div> <div>10:30 Gospel Sounds, AR</div> <div>2:00 Bus Ride, O</div> <div>6:45 Art for the Heart, AR</div>	<div>20</div> <div>10:00 Chair Exercise, AR</div> <div>10:30 Book Club, AR</div> <div>1:30 Bean Bag Toss, DR</div> <div>2:30 Bingo, AR</div> <div>6:45 Card Games, AR</div>	<div>21</div> <div>9:45 Walking Warriors, AH</div> <div>10:30 Lemonade & Conversation, AR</div> <div>1:30 Art Expression, AR</div> <div>2:00 Nail Care, AR</div> <div>6:45 Card Games, AR</div>	<div>22</div> <div>10:00 Chair Exercise, AR</div> <div>10:30 News & Views, AR</div> <div>2:00 Bingo With Prizes, AR</div> <div>3:30 Crafts With Nature, AR</div> <div>6:45 Fun Flicks & Popcorn, AR</div>	<div>23</div> <div>THANKSGIVING DAY</div> <div>9:00 Macy’s Thanksgiving Parade, AR</div> <div>10:00 Puzzle Time, AR</div> <div>10:30 Individual Reading, AR</div> <div>2:00 Music With Rose, IL</div> <div>6:45 Card Games, AR</div>	<div>24</div> <div>10:00 Chair Exercise, AR</div> <div>10:30 Book Club & Doughnuts, AR</div> <div>2:00 Bingo With Prizes, AR</div> <div>3:15 TGIF Social, AR</div> <div>6:45 Jigsaw Puzzle Time, AR</div>	<div>25</div> <div>10:00 Coupons Picking, AR</div> <div>2:00 Cinema Saturdays, AR</div> <div>6:45 Checkers, AR</div>
<div>26</div> <div>9:00 Sunday School, IA</div> <div>9:30 Bible Scripture Reading (Ms. Dawn Taylor), AR</div> <div>10:30 Gospel Sounds, AR</div> <div>2:00 Bus Ride, O</div> <div>2:00 Sharon Baptist Church, DR</div> <div>6:45 Art for the Heart, AR</div>	<div>27</div> <div>10:00 Chair Exercise, AR</div> <div>10:30 Book Club, AR</div> <div>1:30 Dancing to the Music, AR</div> <div>2:30 Bingo, AR</div> <div>6:45 Card Games, AR</div>	<div>28</div> <div>9:45 Walking Warriors, AH</div> <div>10:30 Reminiscing, AR</div> <div>1:30 Art Expression, AR</div> <div>2:00 Nail Care, AR</div> <div>7:00 North Hampton Church of Christ, DR</div>	<div>29</div> <div>10:00 Chair Exercise, AR</div> <div>10:30 News & Views, AR</div> <div>2:00 Bingo With Prizes, AR</div> <div>3:30 Books on Nature, AR</div> <div>6:45 Fun Flicks & Popcorn, AR</div>	<div>30</div> <div>10:00 Name 10 Reasons, AR</div> <div>10:30 Physical Games, AR</div> <div>11:15 Trip: Bus Ride & Movie Outing, O</div> <div>2:00 Birthday Party of the Month, IL</div> <div>6:45 Card Games, AR</div>		