

## Sweet Spuds

Whether they are baked or roasted, topped with marshmallows or served in a pie, sweet potatoes are a staple at many Thanksgiving dinners. But the orange root vegetable is a nutritious, tasty choice year-round.

Historians estimate that sweet potatoes were first cultivated in Central and South America about 5,000 years ago. Despite their name, sweet potatoes are not closely related to white potatoes and belong to the morning glory family of plants. They are often called yams, especially in the South, but true yams are an entirely different plant that is native to Africa and Asia.

In the nutrition world, sweet potatoes are shining stars. One serving contains more than 100% of the recommended daily amount of vitamin A, plus plenty of vitamin C, potassium and antioxidants. Though they have a rich flavor, sweet potatoes have fewer calories than white potatoes and cause a smaller spike in blood sugar, making them a good choice for diabetics.

## How Friends Keep Us Happy and Healthy

Friends laugh with us when things are good and give us support when we are down. They accept us as we are and want only our friendship in return. Besides the warmth and camaraderie that these special relationships provide, research shows they benefit our health, too.

The link between friendship and mental well-being is clear. Friends help reduce stress by offering a listening ear during challenging times. Spending time with a friend, especially when having fun such as playing a game or watching a movie, can provide a welcome distraction from negative thoughts and worries.

Friends can provide the motivation and support we may need to improve ourselves and our health by breaking bad habits and embracing good ones. They also give us a sense of belonging and acceptance, which can boost happiness and increase our self-worth—a natural antidote for depression and loneliness.

Additionally, studies have found that people in strong friendships have lower blood pressure, heart rate and cholesterol, lowering the risk of disease.

## November Employee of the Month

Our Employee of the Month is Cherrelle McIntyre.

Cherrelle is a Dining Room Server and has been with us for 5 months. She has a great attitude and is always willing to help out. She really enjoys talking to the residents and getting to know them. In her spare time, she likes

spending time with her daughter, baking, shopping, and reading. Her favorite foods are chicken Alfredo and cinnamon rolls. Her favorite vacation spot is Cancun.

Cherrelle wanted to say thank you to Natalie, Stacy, and Michael for giving her the opportunity to work here and showcase her skills.



# The Devonshire Lifestyle

Assisted Living Community

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Like Us!



NOVEMBER 2021

## Veterans Pinning Ceremony

Last month we had a Veterans Pinning Ceremony for our own veterans. The Kappa Lambda Chi came in to give the veterans pins and present their certificates. It was a great opportunity for them all to get together and reminisce.



## Talking Turkey

This time of year, the turkey takes center stage as both a seasonal symbol and the main course of holiday dinners. How much do you know about this popular bird?

- Male turkeys are called "toms" or "gobblers," females "hens" and their chicks "poults."
- Females make small clucking and chirping sounds; only males do the gobbling the birds are known for. The gobble can be heard up to a mile away.
- The weight of a domestic turkey is about twice that of its wild cousin. Most domestic turkeys are so heavy they can't fly, but wild turkeys can soar up to 55 mph.
- An adult turkey has between 5,000 and 6,000 feathers. Like peacocks, the males use their fancy tail feathers to attract mates.
- While domestic turkeys are typically white, the brown and tan colors of wild turkeys help them blend into the surroundings of their woodland homes, where they sleep atop tree branches.
- Turkeys are native to North America, but in the early 20th century, the bird was on the verge of extinction. Reintroduction programs started in the 1940s, and today, wild turkeys can be found throughout the U.S.





## NOVEMBER 2021

### 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

### Birthdays

Sharon Stisffen, 22nd

### Country Store


Tuesday  
11 a.m.-Noon

Thursday  
10-11 a.m.

“Say thanks every night  
with a full heart. Each  
day is a precious gift to  
be savored and used.”

—Regina Brett

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>10:00 Exercise and Weights, CY</p> <p><b>10:30 Outside w/Hot Apple Cider, CY</b></p> <p><b>11:00 30-Minute News: CNN, AR</b></p> <p>1:30 Bingo w/Prizes, AR</p> <p>2:30 Snack and Drinks, AR</p> <p>3:30 Travel USA, AR</p>	<p>ELECTION DAY</p> <p>10:00 Satin Nails, AR</p> <p><b>10:30 Trip: Voting Time</b></p> <p><b>2:00 Mad Hatter Tea w/Pastries, AR</b></p> <p><b>2:30 Art &amp; Crafts Hour, AR</b></p> <p><b>3:15 Hot Cocoa Social, AR</b></p> <p>3:30 Library Books</p>	<p>10:00 Spiritual Reading, AR</p> <p>10:30 Exercise and Weights, AR</p> <p><b>1:00 Bingo w/Prizes, DR</b></p> <p>1:30 Bingo w/Prizes, AR</p> <p>3:00 Baking Cookies and Music, AR</p> <p>3:15 Nature &amp; Art, AR</p>	<p>10:00 Physical Games (Ball Toss), AR</p> <p>10:30 Family Feud, AR</p> <p>1:30 Trip: Fall Scenic Ride, O</p> <p><b>2:00 Menu Chat, IL</b></p> <p>3:00 Making Jewelry, AR</p>	<p>10:00 Facts &amp; Word Games, AR</p> <p>10:15 Fitness and Fun, AR</p> <p><b>1:00 Bingo w/Prizes, DR</b></p> <p><b>1:00 National Peanut Butter Lovers' Day, AR</b></p> <p>1:30 Bingo w/Prizes, AR</p> <p><b>3:00 Friday Social w/Music, AR</b></p>	<p>10:00 Individual Word Finding and Crossword Puzzle</p> <p><b>11:00 Individual Adult Coloring</b></p> <p>2:30 At Movies w/Cookies, AR</p> <p><b>3:00 Sports Hour (Football), AR</b></p>
<p>DAYLIGHT SAVING TIME ENDS</p> <p><b>9:15 Hampton Christian Church, AR</b></p> <p>10:30 Gospel Sounds in Activity Room, AR</p> <p>2:00 Sunday Afternoon at the Movies, AR</p> <p>5:00 Individual Art</p>	<p>10:00 Fitness and Fun, AR</p> <p>10:30 Outside w/Nature, CY</p> <p><b>11:00 30-Minute News: CNN, AR</b></p> <p>1:30 Bingo w/Prizes, AR</p> <p>3:00 <i>World News and Drinks, AR</i></p>	<p>10:00 Bean Bag Toss, AR</p> <p><b>10:30 November Trivia and Bible Trivia, AR</b></p> <p><b>1:30 Nail Care, AR</b></p> <p><b>2:00 At the Movies (Musical), AR</b></p> <p>3:30 Library Books</p>	<p>10:00 Spiritual Reading, AR</p> <p>10:30 Exercise and Weights, AR</p> <p>11:00 Price Is Right, AR</p> <p><b>1:00 Bingo w/Prizes, DR</b></p> <p>3:00 Baking Cookies and Music, AR</p> <p><b>3:30 Outside w/Nature, CY</b></p>	<p>VETERANS DAY</p> <p><b>Veterans' Social and Video, AR</b></p> <p><b>10:00 Veterans' Chat and Coffee w/pictures, AR</b></p> <p>10:30 Family Feud, AR</p> <p><b>1:15 Trip: Scenic Ride, O</b></p> <p><b>2:00 Menu Chat, IL</b></p> <p>3:00 Outside Walking, AR</p>	<p>10:00 Facts &amp; Word Games, AR</p> <p>10:15 Fitness and Fun, AR</p> <p><b>1:00 Bingo w/Prizes, DR</b></p> <p><b>2:30 TGIF Social w/Music, AR</b></p> <p>3:30 Card Games, AR</p>	<p>10:00 Individual Word Finding and Crossword Puzzle</p> <p><b>11:00 Individual Adult Coloring</b></p> <p><b>1:30 Trip: Fall Scenic Ride</b></p> <p>2:30 At Movies w/Cookies, AR</p> <p><b>3:00 Sports Hour (Football), AR</b></p>
<p><b>9:15 Hampton Christian Church, AR</b></p> <p>10:30 Gospel Sounds in Activity Room, AR</p> <p>2:00 Sunday Afternoon at the Movies, AR</p> <p>5:00 Individual Art</p>	<p>9:45 Chair Exercise w/Weights, AR</p> <p><b>11:00 30-Minute News: CNN, AR</b></p> <p>2:30 Card Games (Uno), AR</p>	<p><b>10:00 Hot Spice Tea w/Holiday Chat, AR</b></p> <p><b>11:30 National Fast Food Day (Chick-fil-A), AR</b></p> <p><b>1:30 Nail Care, AR</b></p> <p>2:30 Action Movie, AR</p> <p><b>2:30 Art &amp; Crafts Hour, AR</b></p> <p>3:30 Library Books</p>	<p>10:00 Spiritual Reading, AR</p> <p>10:30 Exercise and Weights, AR</p> <p><b>1:00 Bingo w/Prizes, DR</b></p> <p>3:00 Baking Cookies and Music, AR</p> <p>3:15 Nature &amp; Art, AR</p>	<p>10:00 Physical Games (Ball Toss), AR</p> <p>10:30 Family Feud, AR</p> <p>11:00 Price Is Right w/Hot Apple Cider, AR</p> <p><b>1:30 Documentary (Actor), AR</b></p> <p><b>2:00 Menu Chat, IL</b></p> <p><b>5:30 Special Event (Giving Thanks), DR</b></p>	<p>10:00 Facts &amp; Word Games, AR</p> <p>10:15 Fitness and Fun, AR</p> <p>11:00 News &amp; Views, AR</p> <p><b>1:00 Bingo w/Prizes, DR</b></p> <p><b>3:30 Fall Walk Outside, CY</b></p>	<p>10:00 Individual Word Finding and Crossword Puzzle</p> <p><b>11:00 Individual Adult Coloring</b></p> <p>2:30 At Movies w/Cookies, AR</p> <p><b>3:00 Sports Hour (Football), AR</b></p>
<p><b>9:15 Hampton Christian Church, AR</b></p> <p>10:30 Gospel Sounds in Activity Room, AR</p> <p>2:00 Sunday Afternoon at the Movies, AR</p> <p>5:00 Individual Art</p>	<p>10:00 Fitness and Fun, AR</p> <p><b>11:00 30-Minute News: CNN, AR</b></p> <p>1:30 Bingo w/Prizes, DR</p> <p><b>2:30 Baking Cookies and Music, AR</b></p>	<p>10:00 October Trivia and Word Games, AR</p> <p>11:00 Price Is Right, AR</p> <p><b>1:30 Nail Care, AR</b></p> <p><b>2:00 Birthday Party of the Month, AR</b></p> <p>3:30 Library Books</p>	<p>10:00 Spiritual Reading, AR</p> <p>10:30 Exercise and Weights, AR</p> <p><b>1:00 Bingo w/Prizes, DR</b></p> <p><b>2:30 Resident Council Meeting, AR</b></p> <p>3:00 Baking Cookies and Music, AR</p> <p><b>3:00 Ice Cream Social, AR</b></p>	<p>THANKSGIVING DAY</p> <p>10:00 Individual Thanksgiving Word Search, AR</p> <p>11:00 Price Is Right w/Hot Apple Cider, AR</p> <p><b>1:30 Thanksgiving Movie, AR</b></p> <p>3:00 Snacks &amp; Drinks w/Nurses, AR</p>	<p>10:00 Facts &amp; Word Games, AR</p> <p>10:15 Fitness and Fun, AR</p> <p>11:00 Outside w/Hot Apple Cider, CY</p> <p><b>1:00 Bingo w/Prizes, DR</b></p> <p>3:00 Happy Hour and Music, AR</p>	<p>10:00 Individual Word Finding and Crossword Puzzle</p> <p><b>11:00 Individual Adult Coloring</b></p> <p>2:30 At Movies w/Cookies, AR</p> <p><b>3:00 Sports Hour (Football), AR</b></p>
<p>HANUKKAH BEGINS AT SUNSET</p> <p><b>9:15 Hampton Christian Church, AR</b></p> <p>10:30 Gospel Sounds in Activity Room, AR</p> <p>2:00 Sunday Afternoon at the Movies, AR</p> <p>5:00 Individual Art</p>	<p>10:00 Chair Exercise w/Weights, AR</p> <p>10:30 Second Chance Rule, AR</p> <p><b>11:00 30-Minute News: CNN, AR</b></p> <p>1:30 Bingo w/Prizes</p> <p>3:30 World News (CNN), AR</p>	<p>10:00 Tea Time and Pastries, AR</p> <p>10:30 Board Games and Card Games, AR</p> <p>11:00 Nature Video (Birds), AR</p> <p><b>1:30 Nail Care, AR</b></p> <p><b>2:30 November Birthdays' Party, AR</b></p> <p>3:30 Library Books</p>	