

The Devonshire *Lifestyle*



Like Us!



Assisted Living Community

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

NOVEMBER 2022

A Note From Our Executive Director



Hello, everyone, and welcome to November! There's excitement in the air as we begin preparing for the holidays. Our community will be hosting a bounty of festivities in the next couple of months, and we hope everyone can join us for the activities we have planned. As always, we are thankful for our residents and their families.

Make Time for Quiet Time

This time of year is known for holiday hustle and bustle, but seeking out some quiet time should be on your to-do list. There's evidence that sustained silence may stimulate the creation of new brain cells in the region of the brain responsible for learning and memory, according to a study. Tuning out external noise also allows you to tune in to inner thoughts, memories and emotions.



A Tribute to Veterans

Veterans Day on Nov. 11 is a federal holiday that honors all men and women who have served in the U.S. armed forces. Originally called Armistice Day, the day marks the 11th hour of the 11th day of the 11th month of 1918 when an armistice between Germany and the Allies went into effect, ending World War I.

The Arrival of Fall

The word fall comes from the phrase "fall of the leaf," an Old English expression that was commonly used to reference the season in the 1500s. Autumn, from the French word *automne*, became part of the English language about a century later.



ASSISTED LIVING

NOVEMBER 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

- Sharon Stieffen - 11/22
- Arlene Smedley - 11/24

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.

“Care less for your harvest than for how it is shared, and your life will have meaning and your heart will have peace.”
—Kent Nerburn

Activities Subject to Change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10:00 Brain Exercise with Legacy 11:00 Hydration Time (water or Juice) 1:30 Satin Nail Care 2:30 At the Movies (residents' choice) 3:00 Popcorn and Drinks	2 9:30 Spiritual Reading 10:00 Exercise and weights 10:30 November Trivia Plus more 11:00 Price is Right 1:30 Bingo with Prizes 3:00 Library Hour 5:30 Music Video and Nature	3 10:00 Fall Art and Crafts 11:00 Fall Walking in the Courtyard 1:30 Hot Apple Cider and Pumpkin Muffins 2:30 Travel Video (where are you from?) 3:30 Table Games (Dominoes)	4 10:00 Outside walking 10:15 Trip: Scenic Ride 10:30 Finishline and Second Rule 1:30 Bingo with Prizes 2:30 TGIF SOCIAL 3:30 November Famous Birthdays	5 10:00 Individual Creative Art 10:30 Individual Word Finding and Crossword Puzzle 11:00 Hydration Time (water or Juice) 2:00 Saturday Western Movie with snacks 5:30 Sports Hour time
6 9:30 Hampton Christian Church 10:30 Gospel Sounds Activity room 1:00 Individual Word Finding and Crossword Puzzle 2:00 At the Movies (residents' choice) 5:00 Individual Sitting & Walking in Courtyard	7 10:00 Exercise and weights 10:30 Would you rather Games? 11:00 30-minute News break 1:30 Bingo with Prizes 2:30 Outside with Nature 4:00 Travel USA	8 10:00 Brain Exercise with Legacy 11:00 Hydration Time (water or Juice) 1:30 Satin Nail Care 2:30 At the Movies (residents' choice) 3:00 Popcorn and Drinks	9 9:30 Spiritual Reading 10:00 Exercise and weights 10:30 November Trivia Plus more 11:00 Price is Right 1:30 Bingo with Prizes 3:00 Library Hour 5:30 Music Video and Nature	10 10:00 Physical Games 10:30 Trip: Lunch Outing 11:00 Price is Right 2:00 Fall Painting 3:30 Table Games (Dominoes) 5:00 Game show TV	11 Veterans Day 10:00 Exercise and weights 10:30 Finishline and Second Rule 11:00 Patriotic Music video 1:30 Veterans Day Movie 2:00 Veterans Day Pending Sermon 3:00 Refreshments and Drinks	12 10:00 Individual Creative Art 10:30 Individual Word Finding and Crossword Puzzle 11:00 Hydration Time (water or Juice) 11:30 Thanksgiving Feast for Family and Residents 2:00 Saturday Western Movie with snacks
13 9:30 Hampton Christian Church 10:30 Gospel Sounds Activity room 1:00 Individual Word Finding and Crossword Puzzle 2:00 At the Movies (residents' choice) 5:00 Individual Sitting & Walking in Courtyard	14 10:00 Exercise and weights 10:30 Would you rather Games? 11:00 30-minute News break 1:30 Bingo with Prizes 2:30 Outside with Nature 4:00 Travel USA	15 10:00 Brain Exercise with Legacy 11:00 Hydration Time (water or Juice) 1:30 Satin Nail Care 2:30 At the Movies (residents' choice) 3:00 Popcorn and Drinks	16 9:30 Spiritual Reading 10:00 Exercise and weights 10:30 November Trivia Plus more 11:00 Price is Right 1:30 Bingo with Prizes 3:00 Library Hour 5:30 Music Video and Nature	17 10:00 Physical Games 10:30 Nature Fall Video with Musical 11:00 Trip: Blue Bird Farm 1:00 News and Views 2:00 At the Movies (residents' choice) 3:30 Table Games (Dominoes)	18 10:00 Exercise and weights 10:30 Finishline and Second Rule 11:00 Outside Chat with Lemonade 2:00 Bingo with Prizes 3:30 TGIF SOCIAL	19 10:00 Individual Creative Art 10:30 Individual Word Finding and Crossword Puzzle 11:00 Hydration Time (water or Juice) 1:30 Bingo with Prizes 2:00 Saturday Western Movie with snacks 5:30 Sports Hour time
20 9:30 Hampton Christian Church 10:30 Gospel Sounds Activity room 1:00 Individual Word Finding and Crossword Puzzle 2:00 At the Movies (residents' choice) 5:00 Individual Sitting & Walking in Courtyard	21 10:00 Exercise and weights 10:30 Would you rather Games? 11:00 30-minute News break 1:30 Bingo with Prizes 2:30 Outside with Nature 4:00 Travel USA	22 10:00 Brain Exercise with Legacy 11:00 Hydration Time (water or Juice) 1:30 Satin Nail Care 2:30 At the Movies (residents' choice) 3:00 Popcorn and Drinks	23 9:30 Spiritual Reading 10:00 Exercise and weights 10:30 November Trivia Plus more 11:00 Price is Right 1:30 Bingo with Prizes 3:00 Library Hour 5:30 Music Video and Nature	24 Thanksgiving 10:00 Thanksgiving Day Parade with Coffee and Muffins 11:00 Individual adult Coloring 1:30 Thanksgiving Movie 3:30 Table Games (Dominoes) 4:00 Thanksgiving football game	25 10:00 Exercise and weights 10:30 Finishline and Second Rule 2:00 Bingo with Prizes 3:00 Trivia Black Friday Prizes 3:30 TGIF SOCIAL	26 10:00 Individual Creative Art 10:30 Individual Word Finding and Crossword Puzzle 11:00 Hydration Time (water or Juice) 2:00 Saturday Western Movie with snacks 5:30 Sports Hour time
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November Employee of the Month



Our November employee of the month is Chandra Waters. She works at our front desk as a Concierge part-time and has been employed with us over a year.

She enjoys working here at The Devonshire because it feels like a home environment. She enjoys coming to work, meeting new people, and helping out our residents with various things. During her time off, she enjoys cooking, reading and counseling kids at her church. She is also a Veteran. She was an operations specialist in the Navy for 14 years. She has traveled to many places, but her dream vacation is to go to Jamaica.

National Diabetes Month

November is National Diabetes Month, and doctors say that in addition to eating a balanced diet and exercising regularly, getting enough sleep and managing stress are key factors in controlling blood sugar levels.

Keeping Holiday Activities Safe

Though the COVID-19 pandemic may affect holiday celebrations, you can still enjoy some traditional fun while staying safe.

The following activities are considered low-risk for getting or spreading COVID-19, according to the Centers for Disease Control and Prevention:

- Decorating your home
- Having a small holiday dinner with only the members of your household
- Taking part in virtual gatherings
- Streaming movies and watching other events on TV
- Shopping online

Moderate-risk activities include:

- Hosting or attending a small outdoor gathering with family and friends, while wearing masks and social distancing
- Traveling by car for short distances (Keep in mind that your risk increases the farther from home you travel.)

The CDC recommends avoiding these higher-risk activities unless you are fully vaccinated:

- Hosting or attending large dinners or parties
- Shopping in crowded stores
- Traveling long distances by bus, train or airplane

For more holiday and travel guidelines, visit [CDC.gov](https://www.cdc.gov).

Foods To Help You Snooze

Eating turkey famously makes you sleepy, but other foods that help you drift off to dreamland include bananas, dark chocolate, nuts and cottage cheese.

Happy Thanksgiving!

As we celebrate Thanksgiving with family and friends in November, we'll be thinking how grateful we are to have such wonderful neighbors. Thanks for making our community such a pleasant place to live. We wish you a safe and enjoyable Thanksgiving holiday!



On the Menu: Giblet Gravy

For many, a traditional element of Thanksgiving dinner is rich and savory gravy made from giblets, which are the turkey's neck, heart, gizzards and liver. Often, a whole bird purchased from a supermarket will include these parts in a bag inside the turkey. When giblets are simmered with vegetables and herbs, the resulting stock is used to make a flavorful gravy. Some cooks also chop up the cooked giblet meat and add it to the gravy or mix it into stuffing.

