

# The Devonshire *Lifestyle*



Like Us!



Assisted Living Community

2220 Executive Drive • Hampton, VA 23666 • (757) 827-7100 • [www.devonshireseniorliving.com](http://www.devonshireseniorliving.com)

## Honoring Our Veterans

Thank you to all the heroic men and women who have bravely served our country. We will honor our community's veterans in a special ceremony on Veterans Day; please see the calendar for the time and location.



## Appreciating Family Caregivers

Included in this season of giving thanks is National Family Caregivers Month, which pays tribute to the family members and friends who provide care and support for a loved one in need. The annual observance honors the estimated 45 million caregivers across the U.S.



## Honoring Native Americans

Celebrate Native American Heritage Month in November.

## NOVEMBER 2023

## 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.

Sincerely,  
Walmeka Williams  
Executive Director



## Happy Thanksgiving!

We would like to wish all of our residents and their families a happy Thanksgiving! We hope you have a joyous holiday.



## Rise to the Occasion

Homemade Bread Day is Nov. 17.



NOVEMBER

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

Birthday

Lynda Rainey 11/08

The Glee of Giving

“The happiest people are those who do the most for others,” said leader and educator Booker T. Washington. That joyful feeling you often get from giving is apparently part of our biology. Neuroscientists studying the human impulse to help others used detailed brain scans and saw that acts of generosity lit up parts of the brain connected to pleasure. They say it’s proof of why doing good can make you feel good.

“Savor the day and be good to yourself, love yourself, and then you can be good to others and be of service to others.”  
—Charlotte Rae

Activities Subject to Change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10:15 Exercise and weights <b>10:30 Spiritual Reading and Bible Trivia</b> 1:30 Bingo with Prizes 2:30 Outside social and Cookies 4:00 Dominoes Club and Puzzles	2 10:00 Morning Bingo 11:00 Would you rather? <b>1:30 Thanksgiving Movie (with snacks and drinks)</b> 3:00 Table Games (UNO or Cards)	3 10:00 Individual Walking <b>11:00 Price is Right</b> 1:30 Dominoes Club and Puzzles 3:00 Happy Hour 6:00 Friday at the Movies (Residents’ Choice)	4 9:30 Word Search Puzzles 10:00 Cowboy shows 11:00 Saturday News (CNN) <b>1:30 Bingo with DeVonne</b> 2:00 Hydration Time (water or juice) 3:00 Sports Hour time
5 <b>9:30 Hampton Christian Church</b> 10:30 Gospel Sounds Activity room 1:30 Sunday Matinee <b>3:30 Sports Hour (FOOTBALL)</b> 5:30 Adult Coloring	6 10:00 Exercise and weights 10:30 Family Feud Game <b>11:00 Things in November</b> 1:30 Bingo with Prizes 3:00 5 Second Rule <b>5:00 News at 5:00pm</b>	7 <b>10:00 Brain Exercise with Legacy</b> 10:30 Coffee, Tea and Pastries 11:00 Fun with Price is Right <b>2:00 Nature Fall video</b> 2:30 Nail Care 3:30 Library Hour	8 10:15 Exercise and weights <b>10:30 Spiritual Reading and Bible Trivia</b> 1:30 Bingo with Prizes 2:30 Outside social and Cookies 4:00 Dominoes Club and Puzzles	9 <b>10:00 Trip: Veterans Museum</b> 10:30 Individual Hall Walking 11:00 Would you rather? <b>1:30 Thanksgiving Movie (with snacks and drinks)</b> 3:00 Table Games (UNO or Cards)	10 <b>Veterans Day (Observed)</b> <b>10:00 Morning Bingo</b> <b>11:00 Health Notes</b> <b>2:00 Veterans Program with Charles Gates</b> 3:30 Cookies and Drinks 6:00 Friday at the Movies (Residents’ Choice)	11 <b>Veterans Day</b> 9:30 Word Search Puzzles <b>10:00 Veterans Day on TV Program</b> 11:00 Saturday News (CNN) <b>1:30 Trip: Scenic Ride</b> 2:00 Hydration Time (water or juice) 3:00 Sports Hour time
12 <b>9:30 Hampton Christian Church</b> 10:30 Gospel Sounds Activity room 1:30 Sunday Matinee <b>3:30 Sports Hour (FOOTBALL)</b> 5:30 Adult Coloring	13 10:00 Exercise and weights 10:30 Family Feud Game <b>11:00 Things in November</b> 1:30 Bingo with Prizes 3:00 5 Second Rule <b>5:00 News at 5:00pm</b>	14 <b>10:00 Brain Exercise with Legacy</b> 10:30 Coffee, Tea and Pastries 11:00 Fun with Price is Right <b>2:00 Nature Fall video</b> 2:30 Nail Care 3:30 Library Hour	15 10:15 Exercise and weights <b>10:30 Spiritual Reading and Bible Trivia</b> 1:30 Bingo with Prizes 2:30 Outside social and Cookies 4:00 Dominoes Club and Puzzles	16 10:00 Individual Fall Artwork <b>10:30 Trip: Lunch Outing</b> 11:00 Would you rather? <b>1:30 Thanksgiving Movie (with snacks and drinks)</b> 3:00 Table Games (UNO or Cards)	17 10:00 Exercise and weights <b>11:00 Health Notes</b> 1:30 Bingo with Prizes 3:00 Happy Hour 6:00 Friday at the Movies (Residents’ Choice)	18 10:00 Individual Walking (in Courtyard) <b>11:00 Jazz Music with Charles Carter</b> <b>11:30 Thanksgiving Feast for Family and Residents</b> 2:00 Hydration Time (water or juice) 3:00 Game show TV 4:00 Sports Hour time
19 <b>9:30 Hampton Christian Church</b> 10:30 Gospel Sounds Activity room 1:30 Sunday Matinee <b>3:30 Sports Hour (FOOTBALL)</b> 5:30 Adult Coloring	20 10:00 Exercise and weights 10:30 Family Feud Game <b>11:00 Things in November</b> 1:30 Bingo with Prizes 3:00 5 Second Rule <b>5:00 News at 5:00pm</b>	21 <b>10:00 Brain Exercise with Legacy</b> 10:30 Coffee, Tea and Pastries 11:00 Fun with Price is Right <b>2:00 Nature Fall video</b> 2:30 Nail Care 3:30 Library Hour	22 10:15 Exercise and weights <b>10:30 Spiritual Reading and Bible Trivia</b> 1:30 Bingo with Prizes 2:30 Outside social and Cookies 4:00 Dominoes Club and Puzzles	23 <b>Thanksgiving</b> 10:00 Individual Fall Artwork 11:00 Would you rather? <b>1:30 Thanksgiving Movie (with snacks and drinks)</b> 3:00 Table Games (UNO or Cards)	24 <b>10:00 Trip: Shopping at Roses</b> <b>11:00 Health Notes</b> 1:30 Bingo with Prizes 3:00 Happy Hour 6:00 Friday at the Movies (Residents’ Choice)	25 9:30 Word Search Puzzles <b>10:00 Trip: Scenic Ride</b> 11:00 Saturday News (CNN) <b>1:30 Western TV show</b> 2:00 Hydration Time (water or juice) 3:00 Sports Hour time
26 <b>9:30 Hampton Christian Church</b> 10:30 Gospel Sounds Activity room 1:30 Sunday Matinee <b>3:30 Sports Hour (FOOTBALL)</b> 5:30 Adult Coloring	27 10:00 Exercise and weights 10:30 Family Feud Game <b>11:00 Things in November</b> 1:30 Bingo with Prizes 3:00 5 Second Rule <b>5:00 News at 5:00pm</b>	28 <b>10:00 Brain Exercise with Legacy</b> 10:30 Coffee, Tea and Pastries 11:00 Fun with Price is Right <b>2:00 Nature Fall video</b> 2:30 Nail Care 3:30 Library Hour <b>6:00 Church Service with Hampton Christian Church</b>	29 10:15 Exercise and weights <b>10:30 Spiritual Reading and Bible Trivia</b> 1:30 Bingo with Prizes <b>2:30 Residents Council Meeting and Menu Chat</b> 4:00 Dominoes Club and Puzzles	30 10:00 Individual Fall Artwork <b>10:00 Trip: Fall Scenic Ride and Lunch Outing</b> 11:00 Noon News (CNN) <b>1:30 Thanksgiving Movie (with snacks and drinks)</b> 3:00 Table Games (UNO or Cards)		



## November Employee of the Month



We would like to congratulate our employee of the month, Stephen Brown. Stephen is our Maintenance Assistant. He has been working here for 3 months. Stephen has been very helpful and has a very positive attitude. He likes working with the residents knowing that every day he has a chance to make a difference in someone's life. He has a Bachelor's Degree from Norfolk State University in mass communication with an emphasis on broadcasting and photojournalism. His work experience includes residential maintenance, hotel maintenance, city housing maintenance, and community service board state maintenance. His hobbies include going to outdoor concerts, walking trails, going to the beach, watching action movies and photography. His favorite food is lobster. He would like to travel to Hawaii and Brazil.



## Cozy by the Fire

There's almost nothing more soothing than sitting near a crackling fireplace—even if the fire is fake. Researchers found that focusing on flickering flames, whether from a real fire or a video of one, resulted in lower blood pressure. Both the roar and the dancing movements of the flames help lull the mind into a relaxed state, sweeping away anxious thoughts.



## Pounds of Pumpkins

About 2 billion pounds of pumpkins are harvested in the U.S. each year.

## 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.



## Famous Firsts: Black Friday

The day after Thanksgiving is one of the busiest shopping days of the year, known as Black Friday. The term has been traced back to 1950s Philadelphia, where it was used to describe the chaos caused by the traffic and crowds of shoppers who filled the city in advance of the weekend's annual Army-Navy football game. It was the late 1980s before the name was used nationwide, with retailers employing it to promote holiday sales.



## Attitude of Gratitude

"Be present in all things and thankful for all things." —Maya Angelou