

# Waking Up With ‘Today’

Many folks start their day by drinking a cup of coffee while watching some feel-good morning news. “The Today Show” was the first TV series to offer this type of programming, and it celebrates its 70th anniversary this month.

Airing live every weekday morning from New York City’s Rockefeller Plaza, “Today” takes an upbeat, relaxed approach to broadcasting, mixing the latest news headlines with longer human-interest stories, as well as reporting the weather and featuring celebrity interviews and musical performances.

“The Today Show” debuted Jan. 14, 1952, with Dave Garroway as the lead anchor. Over the years, the series has launched the careers of journalists who became household names, including Barbara Walters, Hugh Downs, Tom Brokaw, Jane Pauley, Bryant Gumbel and Katie Couric. The show is also known for its popular weathermen. Willard Scott entertained viewers with his travel pieces, comedic props and segments wishing happy birthday to centenarians. The current forecaster on “Today,” Al Roker, is beloved for his joyous energy and interviews with fans gathered outside the studio.

Currently at the helm of the morning broadcast are co-anchors Savannah Guthrie and Hoda Kotb.

## What Is Sensory Therapy?

The human body’s five major senses are easy to name—touch, sight, hearing, smell and taste—but the way they affect our overall well-being is anything but basic. That’s why sensory therapy, a method of engaging one or more of the senses, has become commonplace in health care.

Although anyone can benefit from sensory therapy, it’s often used to relieve agitation in those with dementia. Providing meaningful objects can soothe an upset person or bring back a happy memory. For example, someone who loved to visit the beach may find comfort in holding seashells or playing with sand.

Stimulating the senses also boosts brain activity, so using finger paints, forming shapes with clay, and playing “guess the scent” games can be fun exercises for people with dementia. Tasks such as folding towels, sorting coins or shuffling cards have a similar effect while also giving folks a sense of purpose and raising their self-esteem.

No matter who you are, focusing on a specific sense can calm a stressed-out mind. A soft blanket, gentle melody or soothing fragrance are classic relaxing techniques that also count as sensory therapy.

# December Trivia and Treats

Last month we hosted a Trivia and Treats activity on National Brownie Day. We served fresh brownies and quizzed our residents on some Christmas trivia.



# The Devonshire Lifestyle



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

JANUARY 2022

## A Note From Our Executive Director

Dear Residents,  
Happy New Year!  
I hope you all had a wonderful Christmas season! We are looking forward to celebrating many more holidays with you all this year.

It is getting colder outside now, so please bundle up when you are going out and continue to stay hydrated. We are not always as thirsty in the cold weather, but it is still important to drink plenty of fluids.



We have had some wonderful new residents move in recently. Please introduce yourselves to them and welcome them to our community.

We encourage you to participate in our many different activities. Please check out our Activity Calendar to see what all we have planned. We are looking forward to a fun-filled January and New Year.

Sincerely,  
Natalie Fox  
Executive Director

## January Employee of the Month

Congratulations to our Employee of the Month, Valerie Fitchett.

Valerie works as a Concierge in the evenings. She has been with us for 3 1/2 years. She loves working with people and being able to help our residents and guests.

In her spare time, she likes sewing, reading and talking about The Bible, shopping, and listening to jazz music. Her favorite food is traditional American cuisine, but she really enjoys many types of food.



JANUARY 2022

Locations

Activities Room, AR  
Courtyard, CY  
Dining Room, DR  
Windsor Room, WR

Birthdays

Betty Palko, 12th  
Elizabeth (Betty) Health, 13th  
Calvin Hobson, 26th  
Dorothy “Jean” Emond, 27th

Country Store

Tuesday  
11 a.m.-Noon  
  
Thursday  
10-11 a.m.

“All our dreams can  
come true, if we  
have the courage  
to pursue them.”  
— Walt Disney

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						<div>NEW YEAR'S DAY1</div> <div>9:00 Individual Word Search Puzzles, AR</div> <div>10:00 Board Games, AR</div> <div>1:30 Movie (Residents' Choice), AR</div> <div>5:30 Scrabble Club, AR</div>
<div>9:30 Jigsaw Puzzles, AR2</div> <div>10:00 Scrabble Club, AR</div> <div>1:30 Word Search Puzzles, AR</div> <div>2:00 <b>Movie (Residents' Choice), AR</b></div>	<div>9:30 Grocery Orders w/Amy, AR3</div> <div>9:30 Bank Runs</div> <div>10:30 Exercise w/Amy, AR</div> <div>1:30 Manicures &amp; Music, AR</div> <div>4:00 Evening News, AR</div> <div>5:30 Card Games, AR</div>	<div>10:00 Coffee Shop &amp; Fresh Pastries, AR4</div> <div>11:00 Country Store</div> <div>1:30 Prize Bingo, AR</div> <div>3:30 Exercise w/Amy, AR</div> <div>5:30 Scrabble Club</div>	<div><b>National Bird Day</b>5</div> <div>9:30 Grocery Orders w/Amy</div> <div>10:00 Worship w/Pastor Davis, AR</div> <div>1:30 Documentary on Birds, AR</div> <div>3:00 Wii Game "Jeopardy," AR</div> <div>5:30 Bridge Club, AR</div>	<div>10:00 Country Store6</div> <div><b>10:30 Exercise w/Legacy, AR</b></div> <div><b>11:15 Lunch Trip to Angelos</b></div> <div>1:30 Jackpot Bingo, AR</div> <div>2:30 Menu Chat w/ Michael, DR</div> <div>3:00 10 Pin Bowling, AR</div>	<div><b>10:00 Grocery Shopping at Kroger</b>7</div> <div><b>1:00 Trip to Ollie's Bargain Outlet</b></div> <div>3:00 Happy Hour, AR</div> <div>3:30 Karaoke, AR</div> <div>4:00 Evening News, AR</div>	<div>9:00 Individual Word Search Puzzles, AR8</div> <div>10:00 Board Games, AR</div> <div><b>1:30 Surprise Bingo!, AR</b></div> <div>5:30 Scrabble Club, AR</div>
<div>9:30 Jigsaw Puzzles, AR9</div> <div>10:00 Scrabble Club, AR</div> <div>1:30 Word Search Puzzles, AR</div> <div>2:00 <b>Movie (Residents' Choice), AR</b></div>	<div>9:30 Grocery Orders w/Amy, AR10</div> <div>9:30 Bank Runs</div> <div>10:30 Exercise w/Amy, AR</div> <div>1:30 Popcorn &amp; a Movie "The Starling"</div> <div>4:00 Evening News, AR</div> <div>5:30 Card Games, AR</div>	<div>10:00 Coffee Shop &amp; Fresh Pastries, AR11</div> <div>11:00 Country Store</div> <div>1:30 Prize Bingo, AR</div> <div>2:30 Card Games "Rummy," AR</div> <div>3:30 Exercise w/Amy, AR</div> <div>5:30 Scrabble Club</div>	<div>9:30 Grocery Orders w/Amy12</div> <div>10:00 Worship w/Pastor Davis, AR</div> <div>1:00 Craft Hour "Painting on Canvas," AR</div> <div><b>2:30 Health Talk w/ Legacy, AR</b></div> <div>5:30 Bridge Club, AR</div>	<div>10:00 Country Store13</div> <div><b>10:30 Exercise w/Legacy, AR</b></div> <div>1:30 Jackpot Bingo, AR</div> <div>2:30 Menu Chat w/ Michael, DR</div> <div>3:00 Baking Club "Fudgy Nutella Cookies," WR</div> <div>4:00 "Easy Listening Music Hour"</div>	<div>9:30 Hand Massages, AR14</div> <div><b>10:00 Grocery Shopping Trip to Food Lion</b></div> <div><b>1:00 Trip to Roses</b></div> <div>3:00 Happy Hour, AR</div> <div>4:00 Evening News, AR</div>	<div>9:00 Individual Word Search Puzzles, AR15</div> <div>10:00 Board Games, AR</div> <div><b>1:00 Scenic Ride</b></div> <div>1:30 Movie (Residents' Choice), AR</div> <div>5:30 Scrabble Club, AR</div>
<div>9:30 Jigsaw Puzzles, AR16</div> <div>10:00 Scrabble Club, AR</div> <div>1:30 Word Search Puzzles, AR</div> <div>2:00 <b>Movie (Residents' Choice), AR</b></div>	<div>MARTIN LUTHER KING JR. DAY17</div> <div>9:30 Grocery Orders w/Amy, AR</div> <div>9:30 Bank Runs</div> <div>10:30 Exercise w/Amy, AR</div> <div>1:30 Manicures &amp; Music, AR</div> <div>5:30 Card Games, AR</div> <div><b>6:00 Bingo w/Northampton Women's Club, AR</b></div>	<div>10:00 Coffee Shop &amp; Fresh Pastries, AR18</div> <div>11:00 Country Store</div> <div>1:30 Prize Bingo, AR</div> <div>3:30 Exercise w/Amy, AR</div> <div>5:30 Scrabble Club</div>	<div><b>National Popcorn Day!</b>19</div> <div>9:30 Grocery Orders w/Amy</div> <div>10:00 Worship w/Pastor Davis, AR</div> <div><b>1:00 Town Hall Meeting, AR</b></div> <div>1:30 Game "Codenames" &amp; Popcorn, AR</div> <div>5:30 Bridge Club, AR</div>	<div>10:00 Country Store20</div> <div><b>10:30 Exercise w/Legacy, AR</b></div> <div>1:30 Jackpot Bingo, AR</div> <div>2:30 Menu Chat w/ Michael, DR</div> <div><b>6:00 Special Event "Winter Wonderland," DR</b></div> <div><b>6:00 Cara Isadora McKinney (Vocalist)</b></div>	<div><b>10:00 Grocery Shopping Trip to Lidl</b>21</div> <div><b>1:00 Trip to Dollar Tree</b></div> <div>2:00 Ping Pong, AR</div> <div>3:00 Happy Hour, AR</div> <div>3:30 Karaoke, AR</div> <div>4:00 Evening News, AR</div>	<div>9:00 Individual Word Search Puzzles, AR22</div> <div>10:00 Game "Trivial Pursuit," AR</div> <div>1:30 Movie (Residents' Choice), AR</div> <div>5:30 Scrabble Club, AR</div>
<div>9:30 Jigsaw Puzzles, AR23</div> <div>10:00 Scrabble Club, AR</div> <div>1:30 Word Search Puzzles, AR</div> <div>2:00 <b>Movie (Residents' Choice), AR</b></div>	<div><b>National Compliment Day</b>24</div> <div>9:30 Grocery Orders w/Amy, AR</div> <div>9:30 Bank Runs</div> <div>10:30 Exercise w/Amy, AR</div> <div>1:30 Popcorn &amp; Board Games, AR</div> <div>4:00 Evening News, AR</div> <div>5:30 Card Games, AR</div>	<div>10:00 Coffee Shop &amp; Fresh Pastries, AR25</div> <div>11:00 Country Store</div> <div>1:30 Prize Bingo, AR</div> <div>2:30 Mille Bornes Card Game</div> <div>3:30 Exercise w/Amy, AR</div> <div>5:30 Scrabble Club</div>	<div>9:30 Grocery Orders w/Amy26</div> <div>10:00 Worship w/Pastor Davis, AR</div> <div><b>1:00 Chili Bar, AR</b></div> <div>2:30 Game "Family Feud," AR</div> <div>3:30 Book Club Meeting, AR</div> <div>5:30 Bridge Club, AR</div>	<div>10:00 Country Store27</div> <div><b>10:30 Exercise w/Legacy, AR</b></div> <div>1:30 Jackpot Bingo, AR</div> <div>2:30 Menu Chat w/ Michael, DR</div> <div>3:00 Drama Club, AR</div> <div>4:00 "Easy Listening Music Hour"</div>	<div><b>10:00 Grocery Shopping Trip to Walmart</b>28</div> <div><b>1:00 Shopping Trip to Gabes</b></div> <div>1:30 Game "Dominos," AR</div> <div><b>3:00 January Birthday Celebration!, AR</b></div> <div>4:00 Evening News, AR</div>	<div><b>National Puzzle Day</b>29</div> <div>9:00 Individual Word Search Puzzles, AR</div> <div>10:00 Board Games, AR</div> <div><b>1:00 Thrift Store Shopping</b></div> <div>1:30 Movie (Residents' Choice), AR</div> <div>5:30 Scrabble Club, AR</div>
<div>9:30 Jigsaw Puzzles, AR30</div> <div>10:00 Scrabble Club, AR</div> <div>1:30 Word Search Puzzles, AR</div> <div>2:00 <b>Movie (Residents' Choice), AR</b></div>	<div>9:30 Grocery Orders w/Amy, AR31</div> <div>9:30 Bank Runs</div> <div>10:30 Exercise w/Amy, AR</div> <div>1:30 Manicures &amp; Music, AR</div> <div>4:00 Evening News, AR</div> <div>5:30 Card Games, AR</div>					