

# The Devonshire *Lifestyle*



Like Us!



Independent Living Community

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## JANUARY 2024

### A Note From Our Executive Director

Welcome to a new year! I am looking forward to all this year has to offer. We're planning a variety of fun events and activities in the coming months, so stay tuned! We hope to see you at our Special Event "Winter Wonderland" on January 18th at 6pm in the dining room. Billy Mitchell will be back to play some of your favorite songs!

Sincerely,  
Walmeka Williams  
Executive Director



### Honoring MLK

The third Monday of each January, Martin Luther King Jr. Day remembers the legacy of the American civil rights leader. It's the first federal holiday to honor an African American, and the first for a private citizen who never held a public office.



### Hot vs. Cold

When you shower, do you prefer a warm and soothing stream or a cool and energizing spray? Most people stand firmly on one side of the debate, but both temperatures have unique benefits. A hot shower can soothe stiff joints, improve sleep and clear skin. The steam can even provide relief from respiratory symptoms. A cold shower, on the other hand, hydrates hair and skin, increases circulation and relaxes sore muscles. It can also help you wake up in the morning—the shock of the icy water leads to increased oxygen intake, heart rate and alertness.



### Banish Winter Blahs

Banish the winter blahs with a dose of natural light. When sunlight hits the eye's retina, it boosts the body's levels of serotonin, which balances your mood. If cold weather keeps you indoors, get some sun by opening up room blinds, and sit near windows whenever possible.

JANUARY 2024

January Birthdays

Remi Saduskas	1-6
Dorothy Mallet	1-6
Eddie Cummings	1-11
Betty Palko	1-12
Judith Michalski	1-13
Betty Heath	1-13
Sherrin Holder	1-18
Betty Schwab	1-21
Katherine Brown	1-22
Jackie Kushner	1-26
Linda Wiggins	1-27
Diane Chapman	1-28

Locations

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

Country Store

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

Check the Weather

Know the forecast before leaving your house to ensure you stay warm and healthy this winter. Confirm there is no ice on the walkways; if you must get out in the snow or ice, then bundle up, wear shoes with good traction and go slow!

“And now let us believe in a long year that is given to us, new, untouched, full of things that have never been.”  
—Rainer Maria Rilke

Activities Subject to Change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>New Year's Day</b> 1 9:30 Crossword Puzzles 10:00 Tabletop Games 1:30 Movie: Residents' Choice 4:00 MSNBC Evening News	2 <b>8:30 Dr. Appointments</b> <b>10:00 Coffee &amp; Pastries, AR</b> 11:00 Country Store 1:30 Prize Bingo 3:30 Exercise with Amy <b>6:00 Resident Council Meeting AR</b>	3 <b>8:30 Dr. Appointments</b> 9:30 Grocery Orders with Amy <b>10:00 Worship with Pastor Davis</b> 1:30 Popcorn & Drinks 3:30 Exercise with Amy 5:00 Dominos	4 <b>10:00 Exercise With Legacy</b> 11:00 Country Store <b>11:00 Lunch Outing to Park Lane Tavern</b> <b>1:30 Jackpot Bingo\$</b> 4:00 Easy Listening Music Hour	5 9:30 Walking In the Courtyard <b>10:00 Shopping trip to Food Lion🚗</b> <b>1:00 Shopping trip to Gabes🚗</b> <b>3:00 Happy Hour</b> 4:00 MSNBC Evening News	6 9:00 Word Search Puzzles <b>10:00 Scenic Ride🚗</b> 2:00 Movie: Residents' Choice 5:00 Evening News 5:30 Scrabble Club
7 9:30 Jigsaw Puzzles 10:00 Dominos 1:30 Movie: Residents' Choice 5:30 Tabletop Games	8 9:30 Grocery Orders with Amy <b>10:30 Bank Runs🚗</b> 1:30 Manicures & Music 3:30 Exercise with Amy 4:00 MSNBC Evening News	9 <b>8:30 Dr. Appointments</b> <b>10:00 Coffee &amp; Pastries, AR</b> 11:00 Country Store 1:30 Prize Bingo 3:30 Exercise with Amy 5:30 Scrabble Club	10 <b>8:30 Dr. Appointments</b> 9:30 Grocery Orders with Amy <b>10:00 Worship with Pastor Davis</b> 1:30 Game: Codenames 3:00 January Trivia 5:00 Dominos	11 <b>10:00 Exercise With Legacy</b> 11:00 Country Store <b>1:30 Jackpot Bingo\$</b> 3:00 Wheel of Fortune on Wii 4:00 Easy Listening Music Hour	12 9:30 Walking In the Courtyard <b>10:00 Nail Care</b> <b>1:00 Shopping Trip to JC Penney🚗</b> <b>3:00 Happy Hour</b> 4:00 MSNBC Evening News	13 9:00 Word Search Puzzles <b>10:00 Grocery Shopping at Lidl🚗</b> 2:00 Movie: Residents' Choice 5:00 Evening News 5:30 Scrabble Club
14 9:30 Jigsaw Puzzles 10:00 Dominos 1:30 Movie: Residents' Choice 5:30 Tabletop Games	<b>Martin Luther King Jr. Day</b> 15 9:30 Grocery Orders with Amy <b>10:30 Bank Runs🚗</b> <b>1:30 Popcorn &amp; A Movie "Selma"🚗</b> 3:30 Exercise with Amy <b>6:00 Bingo with Northampton Women's Club, AR</b>	16 <b>8:30 Dr. Appointments</b> <b>10:00 Coffee &amp; Pastries, AR</b> 11:00 Country Store 1:30 Prize Bingo 3:30 Exercise with Amy 5:30 Scrabble Club	17 <b>8:30 Dr. Appointments</b> 9:30 Grocery Orders with Amy <b>10:00 Worship with Pastor Davis</b> <b>1:00 Town Hall Meeting</b> 2:00 Game: Left Right Center 5:00 Dominos	18 <b>10:00 Exercise With Legacy</b> 11:00 Country Store <b>1:30 Jackpot Bingo\$</b> 4:00 Easy Listening Music Hour <b>6:00 Entertainment with Billy Mitchell DR🎵</b> <b>6:00 Special Event "Winter Wonderland" DR</b>	19 9:30 Walking In the Courtyard <b>10:00 Grocery Shopping at Walmart Neighborhood Market🚗</b> <b>1:00 Shopping Trip to Dollar Tree🚗</b> <b>3:00 Happy Hour</b> 4:00 MSNBC Evening News	20 9:00 Word Search Puzzles <b>11:00 Breakfast Outing to Hardee's🚗</b> 2:00 Movie: Residents' Choice 5:00 Evening News 5:30 Scrabble Club
21 9:30 Jigsaw Puzzles 10:00 Dominos 1:30 Movie: Residents' Choice 5:30 Tabletop Games	22 9:30 Grocery Orders with Amy <b>10:30 Bank Runs🚗</b> 1:30 Manicures & Music 3:30 Exercise with Amy 4:00 MSNBC Evening News	23 <b>8:30 Dr. Appointments</b> <b>10:00 Coffee &amp; Pastries, AR</b> 11:00 Country Store 1:30 Prize Bingo 3:30 Exercise with Amy 5:30 Scrabble Club	24 <b>8:30 Dr. Appointments</b> 9:30 Grocery Orders with Amy <b>10:00 Worship with Pastor Davis</b> <b>1:30 Jackpot Bingo\$</b> 3:00 Pingo Pong 5:00 Dominos	25 <b>10:00 Exercise With Legacy</b> 11:00 Country Store <b>1:00 Trip to Rosie's Gaming Emporium🚗</b> <b>2:30 Menu Chat with Tom DR</b> 4:00 Easy Listening Music Hour	26 9:30 Walking In the Courtyard <b>10:00 Grocery Shopping at Food Lion🚗</b> <b>1:00 Shopping Trip to Five Below🚗</b> <b>3:00 January Birthday Celebration</b> 4:00 MSNBC Evening News	27 9:00 Word Search Puzzles <b>10:00 Candy Bingo</b> 2:00 Movie: Residents' Choice 5:00 Evening News 5:30 Scrabble Club
28 9:30 Jigsaw Puzzles 10:00 Dominos 1:30 Movie: Residents' Choice 5:30 Tabletop Games	29 9:30 Grocery Orders with Amy <b>10:30 Bank Runs🚗</b> <b>1:30 Trip to AMC Movie Theatre🚗</b> 4:00 MSNBC Evening News 5:30 Board Games	30 <b>8:30 Dr. Appointments</b> <b>10:00 Coffee &amp; Pastries, AR</b> 11:00 Country Store 1:30 Prize Bingo 3:30 Exercise with Amy 5:30 Scrabble Club	31 <b>8:30 Dr. Appointments</b> 9:30 Grocery Orders with Amy <b>10:00 Worship with Pastor Davis</b> <b>1:30 Baking Club "Oatmeal Cookies" WR</b> 3:30 Exercise with Amy 5:00 Dominos			



# January Employee of the Month

Our employee of the month for January is Senaida Gales. Senaida is a server in our Assisted Living Community. She loves working and bonding with our residents. In her free time, she enjoys spending time with her dog, Dinero. He is an American Pocket Bully. She also loves drawing and reading. She is also in Art Club & Key Club. Some of her favorite foods are cheeseburgers and dill pickles. She enjoys going on vacation in Florida. She would like to travel to Australia one day.



## Think Warm Thoughts

Reminiscing about heartwarming memories can actually make us feel warmer. Researchers found that when people focused on remembering a nostalgic event from their lives versus an ordinary memory, they were better able to tolerate the cold and perceived a room's temperature to be higher than it was.



## Beat the Winter Blues

Does it seem like winter has been going on forever, and you just want to curl up under the covers and stay there until the daffodils start blooming? It's not uncommon to feel sad, irritated or less energetic during the winter months. Studies show about 20 percent of adults in America experience seasonal mood changes.

The good news is there are many steps you can take to lift your mood, and remember, spring is right around the corner. Exercise has been proven to reduce symptoms of depression. Bundle up for a walk, swim indoors, do yoga at home or head to the gym. Make an effort to get exposure to sunlight. Place exercise equipment or your work area near a window. Take a lunchtime stroll outdoors. People in particularly dark regions sometimes purchase special lamps that mimic natural outdoor light. Start a decluttering project, and clean out closets or purge old paper files. Take up a hobby like knitting or painting. Plan a movie night for yourself and some friends, and choose a laugh-out-loud comedy. Even just listening to upbeat music has been shown to make people feel happier. If your sadness or lethargy won't go away or make it hard for you to function, check in with your health care provider.



Dinero

## Smitten With Gloves

Gloves have long been associated with romance. Knights were said to carry the glove of a sweetheart in their helmets to bring them good luck. In Victorian England, a suitor would gift a pair of gloves to the girl of his dreams, who'd wear the gloves in public if she returned his affections. And a Latvian tradition calls for brides to fill a hope chest with hundreds of handmade mittens as a sign of devotion.



## Roll and Repeat

You can burn about 240 calories building a snowman!