

# Tips for a Doctor Visit

Get the most from your next doctor’s appointment with these helpful tips, based on advice from practicing physicians:

**Prepare questions** — Whether your visit is for a routine checkup or a specific concern, it’s wise to write down any questions you want to ask the doctor. Rank them by priority, so you’re sure to address the most pressing issues. Also, it can help to rehearse your questions in advance.

**List your medications** — At home, review all your medications and write down the names, dosages and other instructions for each one. Include prescriptions, over-the-counter medicines and dietary supplements. Bring the list with you to your appointment.

**Bring someone with you** — A relative or close friend can help take notes, ask questions and simply offer support.

**Arrive early** — It’s recommended that you arrive about 15 minutes before your appointment time. This gives you a chance to fill out paperwork and complete any other office procedures.

**Be honest** — Doctors say it’s important not to hold back information such as family history and lifestyle habits. This knowledge helps them make a proper diagnosis and prescribe the best treatment.

# Military-Made Movies

During World War II, a group of Americans served the nation by combining their specialized talents to form the First Motion Picture Unit, a division of the U.S. Army Air Forces.

The unit was formed in 1942. Recognizing the urgent need for a recruitment film, the commander of the USAAF, Gen. Henry “Hap” Arnold, called upon Jack Warner, the head of Warner Bros. movie studios. Warner and scriptwriter Owen Crump quickly produced “Winning Your Wings,” a short film starring actor and USAAF pilot Jimmy Stewart and directed by John Huston. It played in theaters nationwide, prompting more than 150,000 men to sign up for the Army Air Forces.

Staffed by professionals enlisted from the movie industry — actors, directors, screenwriters, animators and more — the FMPU began producing high-quality training films from its base at a Hollywood studio lot. Throughout the war, the unit made more than 400 movies, covering topics such as survival skills and how to recognize enemy aircraft.

Some of the notable members of the FMPU included Clark Gable, William Holden, Alan Ladd and Ronald Reagan.

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FEBRUARY 2019

# Activities for Heart Month

American Heart Month has been observed every February since 1964, encouraging people to learn more about heart disease and ways to practice heart-healthy habits. These ideas can help you take charge of your health as well as raise awareness in your community.

**Wear red** — Sport some crimson clothing on National Wear Red Day, the first Friday in February, to show your support for Heart Month. Consider wearing a red ribbon all month long to spark conversation about heart health.

**Know your numbers** — Take advantage of blood pressure checks and cholesterol screenings in your community. Record your numbers and work with your doctor to make any needed changes.

**Get fit with a friend** — Exercise is one of the best ways to help your heart, and it’s often more fun with another person. Invite a friend to join you for a walk or to try a new exercise class.

**Set a nutritious example** — Focus on making heart-healthy foods a regular part of your diet. When others see you choosing options such as fish, whole grains, beans, fruits and veggies, they may be motivated to do the same.

**Give back** — Participate in health fundraisers and events, such as a 5K or blood drive. Or you could make a donation to the American Heart Association or other organization in honor of Heart Month.

# The Power of Pet Therapy

Petting a dog or cuddling a kitty can be a joyful, heartwarming experience. There’s evidence those warm, fuzzy feelings have health benefits.

While history shows that animals were used to lift people’s spirits as far back as the Middle Ages, little research was done on the subject until the 1960s. After observing the positive effect his dog had on a young patient, American psychologist Boris Levinson began to explore the connection. He coined the term “pet therapy,” believing animals could aid people in therapeutic ways.

Studies show that spending time with animals on a regular basis can improve a person’s emotional and physical quality of life. Animal therapy programs offer unique opportunities for interaction and socializing with others. Pets supply companionship and affection, which help calm anxiety and increase self-esteem. Walking, grooming and petting animals are physical activities that can improve mobility and motor skills as well as boost energy.

Animal therapy is used in a variety of settings, including senior care centers, hospitals, veterans organizations and schools. Dogs and cats are the most popular therapy animals, but horses, llamas, rabbits, pigs and birds are also among the pets used.

# Lucky Lanterns

Whether it’s called Chinese New Year, Lunar New Year or the Spring Festival, it’s a major holiday in China and other Asian countries. The 15-day celebration begins on Feb. 5 this year and ends with the Lantern Festival, which marks the first full moon of the lunar year. Decorating these festivities are displays of glowing, hanging lanterns.

Made of paper or silk wrapped around a wooden or metal frame, Chinese lanterns were invented as early as A.D. 25. The traditional lantern shape is a sphere, representing the full moon. Some varieties take the form of other Chinese symbols, such as a dragon or lotus flower.

Decorated with calligraphy or art, the lanterns come in all sizes and can be almost any color, but usually they are red, a popular hue in China that represents happiness and good fortune. Red or gold tassels often hang from the bottom of each lantern.

Lanterns are displayed throughout spaces both outdoors and indoors. A lantern hanging in the home is a symbol of protection and good luck, and lighting it is believed to bring prosperity.





FEBRUARY 2019

Locations

Activities Room, AR  
Court Yard, CY  
Craft Room, CR  
Dining Room, DR  
Game Room, GR  
Windsor Room, WR

Birthdays

Jackie LaBar, 1st  
B.J. Blanchard, 13th  
William Wilson, 14th  
Jean Sprouse, 14th  
Pearl Jefferson, 17th  
Margaret Smith, 19th  
Joyce Detwiller, 22nd  
Robert Brandt, 24th

Transportation Schedule

Monday, 9:30 a.m.  
Bank Runs  
Tuesday & Wednesday, 8:30-11 a.m.  
(Hampton Only)  
Doctor Runs  
Tuesday & Wednesday, 1-3 p.m.  
(Newport News Only)  
Doctor Runs  
Thursday, 11:10 a.m.  
Lunch Outings  
Thursday, 2-4 p.m.  
Scenic Ride  
Friday, 9:45 a.m.  
Shopping and Other Outings  
Saturday, 10 a.m.  
Various Shopping Destinations  
Sunday, 9 a.m.-1 p.m.  
Church Runs  
Sunday, 2-4 p.m.  
Scenic Ride

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<div><div>10:00 Shopping: Act II Consignment</div><div>10:30 Balance Exercise Class, AR</div><div>1:00 Shopping: Walmart</div><div>1:30 5 Second Rule Game, AR</div><div>3:30 Happy Hour, AR</div></div>	<div><div>GROUNDHOG DAY</div><div>10:00 Shopping: J.C. Penney</div><div>10:30 Adult Coloring, AR</div><div>1:00 Puzzles and Table Games, AR</div><div>1:30 Scenic Drive</div><div>3:00 Cinema Saturday, AR</div></div>
<div><div>9:00 Church Runs</div><div>9:15 Sunday School, AR</div><div>1:00 Resident Card/ Board Games, AR</div><div>2:30 Cinema Sunday, AR</div><div>6:00 Super Bowl Party, AR</div><div>6:30 Bible Study Life Group, WR</div></div>	<div><div>9:30 Bank Runs</div><div>10:30 Sit and Be Fit Exercise Class, AR</div><div>11:00 Health Tips, AR</div><div>1:30 Horse Racing Game, AR</div><div>3:30 Billiards, GR</div></div>	<div><div>9:00 Medical Runs</div><div>10:00 Coffee Hour, AR</div><div>10:45 Trivia, AR</div><div>1:00 Bingo, AR</div><div>2:30 Arts and Crafts, AR</div><div>4:00 News Update, AR</div><div>6:00 Service w/Abundant Life Tabernacle, DR</div></div>	<div><div>9:00 Medical Runs</div><div>10:30 Flex and Stretch Exercise Class, AR</div><div>11:00 Reminiscing, AR</div><div>1:15 Nail Care, AR</div><div>2:30 Balloon Volleyball, AR</div><div>4:00 World News, AR</div></div>	<div><div>10:00 Tea Time, AR</div><div>11:15 Lunch Outing: Tommy's</div><div>1:00 Scrabble, AR</div><div>2:00 Scenic Bus Ride, AR</div><div>3:30 Jackpot Bingo, AR</div></div>	<div><div>10:00 Shopping: Walmart</div><div>10:30 Balance Exercise Class, AR</div><div>1:00 Shopping: Steinmart</div><div>2:00 Dominoes, AR</div><div>3:30 Happy Hour, AR</div></div>	<div><div>10:00 Shopping: Dollar Tree</div><div>1:30 Bridge, AR</div><div>1:30 Scenic Bus Ride</div><div>3:00 Cinema Saturday, AR</div></div>
<div><div>9:00 Church Runs</div><div>9:15 Sunday School, AR</div><div>1:00 Resident Card/ Board Games, AR</div><div>2:30 Cinema Sunday, AR</div><div>6:30 Bible Study Life Group, WR</div></div>	<div><div>9:30 Bank Runs</div><div>10:30 Sit and Be Fit Exercise Class, AR</div><div>11:00 Health Tips, AR</div><div>1:30 Crossword Puzzles, AR</div><div>3:30 Billiards, GR</div></div>	<div><div>9:00 Medical Runs</div><div>10:00 Coffee Hour, AR</div><div>10:45 Singalong, AR</div><div>1:00 Bingo, AR</div><div>2:15 Food Service Meeting, DR</div><div>4:00 News Update, AR</div></div>	<div><div>9:00 Medical Runs</div><div>10:30 Flex and Stretch Exercise Class, AR</div><div>11:00 Inspirational Reading, AR</div><div>1:15 Trivia, AR</div><div>2:30 Baking Class, WR</div><div>4:00 World News, AR</div></div>	<div><div>VALENTINE'S DAY</div><div>9:45 Tea Time, AR</div><div>10:15 Bookmobile</div><div>11:15 Lunch Outing: Shrimp Shack</div><div>2:00 Valentine Party/ Entertainment, AR</div><div>3:30 Jackpot Bingo, AR</div></div>	<div><div>10:00 Shopping: Ollie's</div><div>10:30 Balance Exercise Class, AR</div><div>1:00 Shopping: Goodwill</div><div>2:00 Uno Card Game and Hot Chocolate</div><div>3:30 Happy Hour, AR</div></div>	<div><div>10:00 Resident Led Table Games, AR</div><div>1:30 Bridge, AR</div><div>2:00 Scenic Bus Ride</div><div>3:00 Cinema Saturday, AR</div></div>
<div><div>9:00 Church Runs</div><div>9:15 Sunday School, AR</div><div>1:00 Resident Card/ Board Games, AR</div><div>2:30 Cinema Sunday, AR</div><div>6:30 Bible Study Life Group, WR</div></div>	<div><div>PRESIDENTS DAY</div><div>9:30 Bank Runs</div><div>10:30 Sit and Be Fit Exercise Class, AR</div><div>11:00 Health Tips, AR</div><div>1:30 Horse Racing Game, AR</div><div>3:30 Billiards, GR</div><div>6:15 Bingo w/the North Hampton Women's Club, AR</div></div>	<div><div>9:00 Medical Runs</div><div>10:00 Coffee Hour, AR</div><div>10:45 Trivia, AR</div><div>1:00 Bingo, AR</div><div>2:30 Arts and Crafts, AR</div><div>4:00 News Update, AR</div></div>	<div><div>9:00 Medical Runs</div><div>10:30 Flex and Stretch Exercise Class, AR</div><div>11:00 Reminiscing, AR</div><div>1:15 Nail Care, AR</div><div>2:00 Black History Month, DR</div><div>4:00 World News, AR</div></div>	<div><div>10:00 Tea Time, AR</div><div>11:15 Lunch Outing: Picadilly</div><div>2:00 Scenic Bus Ride</div><div>3:30 Jackpot Bingo, AR</div><div>6:00 Chinese Lunar Year/ Entertainment, DR</div></div>	<div><div>10:00 Shopping: Kroger</div><div>10:30 Balance Exercise Class, AR</div><div>1:00 Shopping: Dollar Store</div><div>2:00 Yahtzee Game, DR</div><div>3:30 Happy Hour, AR</div></div>	<div><div>10:00 Adult Coloring, Puzzles and Games, AR</div><div>1:00 Canasta, AR</div><div>1:30 Scenic Ride</div><div>3:00 Cinema Saturday, AR</div></div>
<div><div>9:00 Church Runs</div><div>9:15 Sunday School, AR</div><div>1:00 Resident Card/ Board Games, AR</div><div>2:30 Cinema Sunday, AR</div><div>6:30 Bible Study Life Group, WR</div></div>	<div><div>9:30 Bank Runs</div><div>10:30 Sit and Be Fit Exercise Class, AR</div><div>11:00 Health Tips, AR</div><div>1:30 Crossword Puzzles, AR</div><div>3:30 Billiards, GR</div></div>	<div><div>9:00 Medical Runs</div><div>10:00 Coffee Hour, AR</div><div>10:45 Singalong, AR</div><div>1:00 Bingo, AR</div><div>2:00 Birthday Party: Frank Sings Frank, DR</div><div>4:00 News Update, AR</div></div>	<div><div>9:00 Medical Runs</div><div>10:30 Flex and Stretch Exercise Class, AR</div><div>11:00 Inspirational Reading, AR</div><div>1:30 Scrabble, AR</div><div>4:00 World News, AR</div></div>	<div><div>10:00 Tea Time, AR</div><div>10:15 Bookmobile, AR</div><div>11:15 Lunch Outing: Tommy's</div><div>2:00 Entertainment w/Billy Mitchell</div><div>3:00 Jackpot Bingo, AR</div></div>		