

The Importance of Stories

Some stories we never forget, whether from a favorite book or movie or family lore passed down from our ancestors. Storytelling not only helps us communicate and entertain, but also provides other benefits. The human brain is hardwired to think in narrative form, which is why stories are so appealing. During storytelling, the brain becomes more active, especially in relation to a story's details. For example, hearing the description of a scent will engage the brain's sensory cortex. Touching elements of a tale can prompt the brain to release the hormone oxytocin, which can boost feelings of empathy, and a happy ending triggers dopamine, which can result in optimism. This sensory experience creates a bond between the storyteller and the listener, linking their experiences together and building trust. Hearing someone's life story helps the listener understand the narrator on a personal level, strengthening their relationship. In health care, patients with a new diagnosis may find that stories from others who have gone through the same experience are more helpful than reading data and statistics about their condition. Caregivers for people with dementia can cultivate stronger bonds with their patients by knowing details from their life stories, which can also serve as comforting tools.

February Employee of the Month

Lisa Bass is our Employee of the Month for February. She is a registered Med Tech and has been with us for 4 years. Lisa enjoys taking care of seniors and is well loved by our residents. In her spare time she enjoys reading, working out, and taking long walks. One of her favorite meals is Chicken Alfredo. Her dream vacation spot is Hawaii. She plans to visit one day with her family.



Monthly Lunch Outings

Every month we look forward to a lunch outing with our residents. Last month we went to Angelo's Restaurant which is a local favorite. This month we are going to Surf Rider, which is a wonderful seafood restaurant in Hampton.



A Legend of Luxury

For 185 years, Tiffany & Co.'s legendary blue boxes have brought anticipation and joy to those who receive them. Recipients know that whatever is inside the box will represent a tradition of elegance and exquisite craftsmanship. Since 1837, Tiffany has been producing things of beauty, including silver, china and crystal, although they are best known for their jewelry. Founded in New York City by Charles Lewis Tiffany, the business was later headed by his son, Louis Comfort Tiffany, a leading American designer famous for his stained glass work. Over the years, additional stores have been opened throughout the U.S. and around the world. Besides bejeweling the rich and famous for decades, Tiffany has designed china for the White House and trophies for celebrated sporting events, and is often name-checked in pop culture. Perhaps the most famous reference is the 1958 movie "Breakfast at Tiffany's" starring Audrey Hepburn. Hepburn's character, Holly Golightly, says the store is "the best place in the world, where nothing bad can take place."



The Devonshire Lifestyle



Independent Living Community
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FEBRUARY 2022

A Note From Our Executive Director

Dear Residents,
Families
and Friends,

We are spreading the love here at The Devonshire, as February is a special month filled with celebrating with families, friends and that special someone. This month, we will be having events that include a Super Bowl Sunday Celebration, fun Social Hours and a special Valentine's Day Ball. Don't forget to vote for the Valentine's King and Queen who will be announced at the Ball, and wear your best dress or suit! We can't wait to celebrate with you and have fun!



I hope this month brings you warm memories and lots of love during this beautiful winter month.

Happy Valentine's Day!

Sincerely,
Natalie Fox
Executive Director

Rose Colors Decoded

Red roses are popular on Valentine's Day, but the fragrant flowers are admired in any hue. Traditionally, the color of a rose holds a particular meaning.

Red: The color of romance, red roses have a simple yet heartfelt message: "I love you." Additional symbols of a red rose include respect, passion and beauty.

White: Often seen in bridal bouquets, white roses signify reverence, loyalty and purity. Due to their quiet, solemn beauty, white roses are a popular pick for sympathy arrangements.

Yellow: The flower of friendship, yellow roses represent joy and good luck. A sunny bouquet is sometimes used to say "welcome back" or "remember me."

Pink: Bright or dark pink roses are a common thank-you gift to show gratitude and appreciation, while blooms in a softer pink shade symbolize elegance, sweetness and grace.

Lavender: These light purple roses give an air of mystery and enchantment, and are the perfect choice for a secret admirer to send to their crush.

Orange: Bold and beautiful, orange roses carry a message of excitement and passion, and can also be used to tell someone "I'm proud of you."



FEBRUARY 2022

Locations

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

Birthdays

John Pickett, 7th
B.J. Blanchard, 13th
Pearl Jefferson, 17th

Country Store

Tuesday
11 a.m.-Noon

Thursday
10-11 a.m.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<div>1</div> <div>10:00 Coffee & Fresh Pastries, AR</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>2</div> <div>GROUNDHOG DAY National Groundhog Day</div> <div>9:30 Grocery Orders w/Amy</div> <div>10:00 Worship w/Pastor Davis, AR</div> <div>1:30 Mad Libs Word Game, AR</div> <div>2:30 Ping Pong, AR</div> <div>3:30 Wii Game "Wheel of Fortune," AR</div> <div>5:30 Dominoes, AR</div>	<div>3</div> <div>10:00 Country Store</div> <div>10:30 Exercise w/ Legacy, AR</div> <div>11:15 Lunch Trip to Surf Rider</div> <div>1:30 Jackpot Bingo, AR</div> <div>2:30 Menu Chat w/ Michael, DR</div> <div>3:00 Game "Finish Lines," AR</div>	<div>4</div> <div>National Bubble Gum Day</div> <div>10:00 Grocery Shopping Trip to Food Lion</div> <div>1:00 Shopping Trip to Five Below</div> <div>3:00 Happy Hour, AR</div> <div>3:30 Karaoke, AR</div> <div>4:00 Evening News, AR</div>	<div>5</div> <div>National Wear Red Day!</div> <div>9:00 Individual Word Search Puzzles, AR</div> <div>10:00 February Trivia, AR</div> <div>2:00 Movie (Residents' Choice), AR</div> <div>5:30 Scrabble Club, AR</div>
<div>6</div> <div>9:30 Jigsaw Puzzles, AR</div> <div>10:00 Scrabble Club, AR</div> <div>1:30 Word Search Puzzles, AR</div> <div>2:00 Movie (Residents' Choice), AR</div>	<div>7</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>2:00 Titanic Presentation, AR</div> <div>4:00 Evening News, AR</div> <div>5:30 Card Games, AR</div>	<div>8</div> <div>10:00 Coffee & Fresh Pastries, AR</div> <div>11:00 Country Store</div> <div>1:30 Prize Bingo, AR</div> <div>2:30 "Your Life, Your Legacy" Funeral & Pre Planning, AR</div> <div>3:30 Exercise w/Amy, AR</div> <div>5:30 Scrabble Club</div>	<div>9</div> <div>National Pizza Day!</div> <div>9:30 Grocery Orders w/Amy</div> <div>10:00 Worship w/ Pastor Davis, AR</div> <div>1:30 Game "5 Second Rule," AR</div> <div>2:30 Pizza Party w/ Legacy, AR</div> <div>5:30 Dominoes, AR</div>	<div>10</div> <div>10:00 Country Store</div> <div>10:30 Exercise w/ Legacy, AR</div> <div>1:30 Jackpot Bingo, AR</div> <div>2:30 Menu Chat w/ Michael, DR</div> <div>3:00 Trivial Pursuit, AR</div> <div>4:00 "Easy Listening Music Hour"</div>	<div>11</div> <div>9:30 Hand Massages, AR</div> <div>10:00 Grocery Shopping at Aldi</div> <div>1:00 Shopping Trip to Target</div> <div>3:00 Happy Hour, AR</div> <div>4:00 Evening News, AR</div>	<div>12</div> <div>9:00 Individual Word Search Puzzles, AR</div> <div>10:00 Scenic Ride</div> <div>2:00 Movie (Residents' Choice), AR</div> <div>5:30 Scrabble Club, AR</div>
<div>13</div> <div>9:30 Jigsaw Puzzles, AR</div> <div>10:00 Scrabble Club, AR</div> <div>1:30 Word Search Puzzles, AR</div> <div>2:00 Pre Super Bowl Party, AR</div>	<div>14</div> <div>VALENTINE'S DAY Valentine's Day!</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 Valentine's Cookie Decorating, AR</div> <div>3:00 Manicures & Music, AR</div> <div>5:30 Card Games, AR</div>	<div>15</div> <div>10:00 Coffee & Fresh Pastries, AR</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>16</div> <div>9:30 Grocery Orders w/Amy</div> <div>10:00 Worship w/Pastor Davis, AR</div> <div>1:00 Town Hall Meeting, AR</div> <div>2:30 Bananas Flambe Demonstration w/ Chef Michael, AR</div> <div>3:30 Exercise w/Weights, AR</div> <div>5:30 Dominoes, AR</div>	<div>17</div> <div>10:00 Country Store</div> <div>10:30 Exercise w/ Legacy, AR</div> <div>1:30 Jackpot Bingo, AR</div> <div>2:30 Menu Chat w/ Michael, DR</div> <div>6:00 Entertainment w/ Eddie Sal, DR</div> <div>6:00 Valentine's Ball, DR</div>	<div>18</div> <div>National Drink Wine Day</div> <div>1:00 Grocery Shopping at Game's Farmers Market</div> <div>1:00 Shopping Trip to JC Penney</div> <div>3:00 Happy Hour, AR</div> <div>3:30 Karaoke, AR</div> <div>4:00 Evening News, AR</div>	<div>19</div> <div>9:00 Individual Word Search Puzzles, AR</div> <div>10:00 Board Games, AR</div> <div>1:00 Art Hour w/De Vonne, AR</div> <div>2:00 Movie (Residents' Choice), AR</div> <div>5:30 Scrabble Club, AR</div>
<div>20</div> <div>9:30 Jigsaw Puzzles, AR</div> <div>10:00 Scrabble Club, AR</div> <div>1:30 Word Search Puzzles, AR</div> <div>2:00 Movie (Residents' Choice), AR</div>	<div>21</div> <div>PRESIDENTS DAY Presidents Day</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 Bus Trip to AMC 24 Theatre</div> <div>4:00 Evening News, AR</div> <div>6:00 Bingo w/Northampton Women's Club, AR</div>	<div>22</div> <div>National Margarita Day</div> <div>10:00 Coffee & Fresh Pastries, AR</div> <div>11:00 Country Store</div> <div>1:30 Prize Bingo, AR</div> <div>2:30 Margarita Social, AR</div> <div>3:30 Exercise w/Amy, AR</div> <div>5:30 Scrabble Club</div>	<div>23</div> <div>9:30 Grocery Orders w/Amy</div> <div>10:00 Worship w/ Pastor Davis, AR</div> <div>1:00 Hot Dog Bar, AR</div> <div>2:30 Jackpot Bingo, AR</div> <div>3:30 Book Club Meeting, AR</div> <div>5:30 Dominoes, AR</div>	<div>24</div> <div>9:45 Bus Trip to Chrysler Museum of Art</div> <div>10:30 Exercise w/Legacy, AR</div> <div>1:30 Movie "Residents' Choice," AR</div> <div>2:30 Menu Chat w/ Michael, DR</div> <div>4:00 Golden Oldies Music Hour, AR</div>	<div>25</div> <div>10:00 Grocery Shopping Trip to Food Lion</div> <div>1:00 Shopping Trip to Dollar Tree</div> <div>3:00 February Birthday Celebration, AR</div> <div>3:30 Karaoke, AR</div> <div>4:00 Evening News, AR</div>	<div>26</div> <div>9:00 Individual Word Search Puzzles, AR</div> <div>10:00 Board Games, AR</div> <div>1:00 Bus Trip to CVS</div> <div>2:00 Movie (Residents' Choice), AR</div> <div>5:30 Scrabble Club, AR</div>
<div>27</div> <div>9:30 Jigsaw Puzzles, AR</div> <div>10:00 Scrabble Club, AR</div> <div>1:30 Word Search Puzzles, AR</div> <div>2:00 Movie (Residents' Choice), AR</div>	<div>28</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 & Music, AR</div> <div>4:00 Evening News, AR</div> <div>5:30 Card Games, AR</div>					