

The Devonshire *Lifestyle*



Like Us!



Independent Living Community

2220 Executive Drive • Hampton, VA 23666 • (757) 827-7100 • www.devonshireseniorliving.com

FEBRUARY 2024



Memorable Melody: 'Roses Are Red (My Love)'

One of 1962's most popular songs, this ballad about young romance was the first No. 1 hit for Bobby Vinton as a solo crooner. He quickly became a teen idol after fans fell in love with the soft, dreamy tune about high school sweethearts and the words of a sentimental poem signed in a yearbook. The record went on to top the music charts across the globe, including Canada, Australia, Norway and South Africa.



Self-Care Corner: Valentine's Day Your Way

No date for Valentine's Day? Put your energy toward self-care instead. Treat yourself to the pick-me-up of your choice, whether that's fresh flowers or your favorite takeout. Spend the evening doing something you enjoy. Cheesy movie marathon? Video game session? Your date, your rules! Finally, end the holiday on a high note by writing a list of things you love about yourself.

A Note From Our Executive Director

Sherreek comes to The Devonshire with over eight years of experience in the medical care and senior living industry. He has been in the Army Reserves for four years and enjoys hiking, running and playing the drums at his local church in his spare time.



Sherreek has his Bachelor of Science in Business Administration, Master's Degree in Health Services Administration at Strayer University and is currently working toward completion of his doctorate degree with Liberty University. Sherreek is a licensed ALF administrator and a Court Appointed Special Advocate for Hampton Roads and surrounding areas. He looks forward to working with the amazing team members at The Devonshire, ensuring that the residents of the community have an experience that exceeds their expectations every day and also working with our wonderful team members in providing the highest quality care possible to our residents.

Sherreek can be reached at
ED.devonshire@tarantino.com or Phone
(757)316-7053.

A Little Self-Love

"To fall in love with yourself is the first secret to happiness." —Robert Morley



FEBRUARY 2024

February Birthdays

2-13 BJ Blanchard

2-13 Delores Malcom

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.

Hugs and Kisses

Etched on candy hearts and signed at the bottom of love letters, the letters “xoxo” symbolize a sweet sentiment of “hugs and kisses.” Substituting the letter X for a smooch dates back to the Middle Ages. People who could not read or write would sign documents with an X, then kiss the mark to pledge their sincerity. The letter O joined the X much later, in the mid-1900s, to pair the kiss with a hug.

“Connecting our hearts through love yields a nectar so sweet we are forever full.”

—Amy Leigh Mercree

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|--|--|--|--|
|  |  |  |  |  |  |  |
| 9:30 Jigsaw Puzzles 10:00 Dominos 1:30 Movie: Residents’ Choice 5:30 Tabletop Games | 9:30 Grocery Orders with Amy 10:30 Bank Runs 1:30 Manicures & Music 3:30 Exercise with Amy 4:00 MSNBC Evening News | 8:30 Dr. Appointments 10:00 Coffee & Pastries, AR 11:00 Country Store 1:30 Prize Bingo 3:30 Exercise with Amy 5:30 Scrabble Club 6:00 Resident Council Meeting AR | 8:30 Dr. Appointments 9:30 Grocery Orders with Amy 10:00 Worship with Pastor Davis 1:30 Hot Cocoa & Conversation 2:00 Left Right Center 5:00 Dominos | 10:00 Exercise With Legacy 11:00 Country Store 11:00 Lunch Outing to Mission Barbecue 1:30 Jackpot Bingo 2:30 Worship with Canaan Baptist Church 4:00 Easy Listening Music Hour | 9:30 Walking In the Courtyard 10:00 Grocery Shopping at Kroger 1:00 Shopping Trip to Marshalls 3:00 Happy Hour 4:00 MSNBC Evening News | 9:00 Word Search Puzzles 1:00 Scenic Ride 2:00 Movie: Residents’ Choice 5:30 Scrabble Club |
| Super Bowl 9:30 Jigsaw Puzzles 10:00 Dominos 1:30 Movie: Residents’ Choice 5:30 Tabletop Games | 9:30 Grocery Orders with Amy 10:30 Bank Runs 1:30 Popcorn & A Movie “Sleepless in Seattle” 3:30 Exercise with Amy 4:00 MSNBC Evening News | 8:30 Dr. Appointments 10:00 Coffee & Pastries, AR 11:00 Country Store 1:30 Prize Bingo 3:30 Exercise with Amy 5:30 Scrabble Club | 8:30 Dr. Appointments 9:30 Grocery Orders with Amy 10:00 Worship with Pastor Davis 1:30 Wine Tasting 2:30 Low Vision Event w/ Legacy 3:30 Jeopardy on Wii 5:00 Dominos | 10:00 Exercise With Legacy 11:00 Country Store 1:30 Jackpot Bingo 2:30 Pain Management Talk with Axis Medical Center 6:00 Entertainment with Astro DJ 6:00 Special Event “Valentine’s Ball” | 9:30 Walking In the Courtyard 10:00 Grocery Shopping at Food Lion 1:00 Shopping Trip to Dollar Tree 3:00 February Birthday Celebration 4:00 MSNBC Evening News | 9:00 Word Search Puzzles 10:00 Breakfast at IHOP 2:00 Movie: Residents’ Choice 5:30 Scrabble Club |
| 9:30 Jigsaw Puzzles 10:00 Dominos 1:30 Popcorn & A Movie “The Princess Bride 5:30 Tabletop Games | Presidents Day 9:30 Grocery Orders with Amy 1:30 Manicures & Music 3:30 Exercise with Amy 4:00 MSNBC Evening News 6:00 Bingo with Northampton Women’s Club, AR | National Muffin Day 8:30 Dr. Appointments 10:00 Coffee & Pastries, AR 11:00 Country Store 1:30 Prize Bingo 3:30 Exercise with Amy 5:30 Scrabble Club | 8:30 Dr. Appointments 9:30 Grocery Orders with Amy 10:00 Worship with Pastor Davis 1:00 Town Hall Meeting 1:30 Jackpot Bingo 5:00 Dominos | World Thinking Day 10:00 Exercise With Legacy 11:00 Country Store 1:00 Caffeinated Cup: A Brief History of Coffee with the Mariners Museum 2:00 Trip to Casemate Museum at Fort Monroe | 9:30 Walking In the Courtyard 10:00 Grocery Shopping at Harris Teeter 1:00 Shopping Trip to HomeGoods 3:00 Happy Hour 4:00 MSNBC Evening News | 9:00 Word Search Puzzles 10:30 Scenic Ride 12:30 Movie: Residents’ Choice 2:30 Worship with Canaan Baptist Church 5:30 Scrabble Club |
| 9:30 Jigsaw Puzzles 10:00 Dominos 1:30 Movie: Residents’ Choice 5:30 Tabletop Games | 9:30 Grocery Orders with Amy 10:30 Bank Runs 1:00 Shopping Trip to Goodwill 3:30 Exercise with Amy 4:00 MSNBC Evening News | 8:30 Dr. Appointments 10:00 Coffee & Pastries, AR 11:00 Country Store 1:30 Prize Bingo 3:30 Exercise with Amy 5:30 Scrabble Club | 8:30 Dr. Appointments 9:30 Grocery Orders with Amy 10:00 Worship with Pastor Davis 1:30 Game: Finish Lines 3:00 February Trivia & Treats 5:00 Dominos | 10:00 Exercise With Legacy 11:00 Country Store 1:30 Jackpot Bingo 2:30 Menu Chat with Tom DR 4:00 Easy Listening Music Hour |  |  |

February Employee of the Month

Our Employee of the Month for February is Deyanis McCoy. She is our Administrative Assistant. She has been working here for four months. She really loves our residents, they are like family to her. Deyanis enjoys spending time with her husband and kids. She likes to do DIY projects such as refurbishing furniture, baskets and clothing. She also enjoys painting, spending time outdoors, going to parks, beaches and loves the water. Her favorite type of food is seafood; she really likes seafood boils. Deyanis likes to vacation in New York, which is her hometown. In the future, she would like to travel to visit Japan, Dubai, and many of the tropical islands.



Pump Up Your Heart IQ

Hearts, the universal symbol for love, are all around this month as businesses and consumers alike celebrate Valentine's Day. Get pumped up for the holiday with these fun facts!

- Romans, Egyptians and Greeks are among the ancient cultures who valued the human heart as a source of life and emotion.
- The familiar heart symbol is believed to have been inspired by plants, including the seeds of an ancient variety of fennel, as well as the leaves of water lilies and ivy.
- Until the 1400s, the heart symbol was usually portrayed upside-down, with the pointed end up.
- Early in the 16th century, Leonardo da Vinci drew the first known accurate sketch of the human heart.
- Most animals only have one heart, but octopuses, squids and cuttlefish have three. Some creatures, including jellyfish and starfish, don't have a heart at all!
- The heart of a blue whale, the biggest animal on the planet, weighs over 400 pounds. When the whale is underwater, its heart beats only two to 10 times a minute.
- In a standard playing card deck, the king of hearts is the only king without a mustache.
- From the smiley face with heart-eyes to heart shapes in every color of the rainbow, there are at least 39 emoji that feature a heart in some way.
- Invented by Richard Cadbury, the first heart-shaped boxes of chocolates were sold in 1861. Every year, people buy over 36 million of the sweet samplers for Valentine's Day.



Brain Bender: Super Bowl Party

Greg invited his friends Annie, Nick, Shane, Trish and Ike to his house to watch the Super Bowl. They're each superfans of different NFL teams—the Chiefs, Cowboys, Giants, Steelers and Vikings. Greg is making chili, and each friend is bringing a different food to enjoy during the game: chicken wings, pizza, guacamole, chips and a veggie tray. Use the clues below to match each friend with their team and snack.

- The Steelers fan isn't bringing pizza.
- Annie hopes the Cowboys fan doesn't forget the chips to go with her guacamole.
- Shane is known for his chicken wing recipe.
- The Chiefs fan is bringing a veggie tray.
- Ike has loved the Giants since he was a little boy.
- The Cowboys fan is a woman.
- Annie's team has never won the Super Bowl.

(Answer: Annie is a Vikings fan and is bringing guacamole; Nick is a Chiefs fan and is bringing a veggie tray; Shane is a Steelers fan and is bringing chicken wings; Trish is a Cowboys fan and is bringing chips; Ike is a Giants fan and is bringing pizza.)