

Jokes of the Month

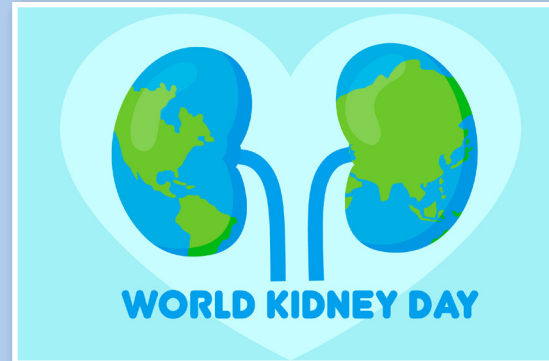
1. There was a new secretary who asked her boss if he also wanted the carbon copies double spaced.
2. "Money is not too important, Not nearly as precious as health, Happiness, Home, Reputation, All rate far ahead of mere wealth. Be grateful for life's simple pleasures, Avoiding the wealth-seeking craze, For money is not too important," Said the boss when I asked for a raise.
3. No one will ever consider me Particularly profound. The trouble is, when my mind goes blank, I forget to turn off the sound.

Photo Gallery



Keep Your Kidneys Healthy

The kidneys have an important role in the body. These two organs filter the blood, regulate the balance of certain nutrients, and produce essential hormones. National Kidney Month in March is a reminder to take care of your kidneys.



Stay hydrated — Being consistent about drinking water and other fluids helps the kidneys perform their most important job, flushing out waste and excess fluid from the bloodstream.

Maintain a healthy diet — Eating nutritious foods, including those low in sodium, may lower your risk of developing kidney problems. Some common foods that boost kidney health include apples, blueberries, red bell peppers, cabbage and fatty fish such as tuna and salmon.

Monitor blood pressure — High blood pressure is a major cause of kidney damage. Get your blood pressure checked regularly and work with your health care provider to make any needed lifestyle changes.

Exercise — Keeping fit can lower blood pressure and improve heart function, which influences kidney health.

Review medications — When taken daily, some over-the-counter pain relievers can contribute to kidney problems. Some supplements may also affect the kidneys. Talk to your doctor about all medications you are taking.

Control blood sugar — Diabetes causes the kidneys to work extra hard and can lead to kidney disease, so it's important to regularly monitor blood sugar levels and check kidney function.



The Devonshire

Lifestyle



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MARCH 2020

St. Paddy's Day Sidekicks

Two vegetables are the traditional side dishes for a plate of corned beef. After all, what would a St. Patrick's Day meal be without cabbage and potatoes?

Easy to grow and inexpensive, potatoes have a long history as a staple food around the world. The vegetable was introduced to Ireland by British explorer Sir Walter Raleigh in 1589, and it eventually became the country's main crop, which half of the population depended on to feed their families. But in the mid-1800s, much of the potato harvest was destroyed by a fungus for several years in a row, causing the Irish Potato Famine.

Cabbage was also an important crop in Ireland. The green, leafy vegetable grew well in the cool climate. Because it was nutrient-dense, many people lived on cabbage during the famine.

It was during this time that waves of Irish immigrants came to the U.S., and they brought their recipes from home. That includes a dish that combines both vegetables, colcannon, which is a mixture of mashed potatoes and chopped cabbage.

Fireside Chats With FDR

Throughout his presidency, Franklin D. Roosevelt led Americans through the historic challenges of the Great Depression and World War II by coming into their homes with his radio fireside chats.

In March 1933, just over a week into his first term as president, Roosevelt delivered a nationwide radio broadcast from the White House, offering reassurance about the banking crisis. It was the first of what became known as fireside chats, so named by a radio executive due to their calm, down-to-earth style.

Occurring several times a year, the fireside chats grew to be a hallmark of Roosevelt's time in office and drew tens of millions of listeners. In a conversational tone and using simple analogies to explain policies and global events, the president spoke for 10 to 40 minutes, informing the public and offering encouragement through the difficulties. Many of the chats began with FDR addressing the nation personally as "My friends," and at the end of every broadcast, "The Star-Spangled Banner" was played.

Roosevelt gave some 30 fireside chats, the last one airing in June 1944. The original recordings have been selected for preservation by the National Recording Registry at the Library of Congress.



MARCH 2020

Locations

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

Birthdays

Armanda Croom, 3rd
Anne Mellucci, 4th
Frances Coffee, 9th
Garland Ellison, 10th
Frances Greene, 11th
Glen Moyer, 12th
Estelle Milsap, 16th
Sarah Charles, 29th
Annie Tensley-Daye, 30th

Transportation Schedule

Monday, 9:30 a.m.
Bank Runs
Tuesday & Wednesday 8:30-11:30 a.m.
Newport News Medical Runs
Tuesday & Wednesday 1-3 p.m.
(Hampton) Dr. Runs
Thursday, 11:10 a.m.
Lunch Outings
Sunday, 9 a.m.-1 p.m.
Church Runs

Country Store

Monday—Saturday
11 a.m.-Noon

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 Church Runs ¹ 9:30 Big Screen Gospel and Bible Word Puzzles, AR 10:30 Open Table Games, AR 1:00 Scrabble w/ Friends, AR 6:00 Evening News, AR	9:30 Bank Runs ² 10:00 Morning Paper & Talk, AR 10:30 Monday Morning Fitness, AR 11:00 Hug a Gi and Share Cookies!, AR 2:00 Caregivers’ Support Group, WR 3:00 Peanut Butter Lovers’ Social, AR 4:00 What’s on the News?, AR	9:00 Medical Runs, 48 Hour Notice ³ 9:30 Pokeno, WR 10:00 Coffee Hour and Chat, AR 1:00 Jackpot Bingo, AR 3:00 Pen Decorating Craft, AR 6:00 News and Word Searches, AR	9:00 Medical Runs, Request in Advance! ⁴ 10:00 Lounge w/Classical Music, AR 10:30 Fitness w/Legacy, AR 1:00 Devotions and Bible Study w/ Pastor Thurman 3:00 Crochet Hour, AR 4:00 Big Screen Trivia, AR	9:00 Classical Music and Morning Paper, AR ⁵ 10:00 Conversation w/ Tea Time, AR 10:00 Scrabble w/Friends, WR 11:15 Lunch Outing: Park Lane Tavern 1:00 Jigsaw Fun, AR 1:30 Scenic Ride 3:00 Jackpot Bingo, AR 4:00 Card Games: Challenge a Peer, AR	9:00 Lobby Lounging and Chats, AR ⁶ <i>10:00 Shopping: CHKD Thrift Store</i> 10:30 Exercise Class (Weights Optional), AR 1:00 Wal Mart Shoppers 1:00 Menu Chat w/ Chef Sarah, AR 2:00 New Resident Meet & Greet w/Cookies, AR 3:00 Happy Hour, DR 5:30 What’s on the News?, AR	9:00 Saturday Paper w/Friends, AR ⁷ 10:00 Shopping: Food Lion 11:00 Word Search Puzzles, AR 1:00 Jigsaw Puzzles and Table Games, AR 3:00 Lounging w/ Friends, WR 5:30 Evening News, AR
DAYLIGHT SAVING TIME BEGINS ⁸ 9:00 Church Runs 9:30 Big Screen Gospel and Bible Word Puzzles, AR 10:30 Open Table Games, AR 1:00 Scrabble w/ Friends, AR 6:00 Evening News, AR	9:30 Bank Runs ⁹ 10:00 Morning Paper & Talk, AR 10:30 Monday Morning Fitness, AR 1:00 Movie: Romantic Comedy, AR 3:15 Outing: Relaxing Scenic Ride 4:00 What’s on the News?, AR	9:00 Medical Runs, 48 Hour Notice ¹⁰ 10:00 Coffee Hour and Chat, AR 11:00 Big Screen Riddles, AR 1:00 Jackpot Bingo, AR 3:00 All About Balance w/Legacy, AR 6:00 News and Word Searches, AR	9:00 Medical Runs, Request in Advance! ¹¹ 10:30 Flex and Stretch Exercise Class, AR 10:30 Fitness w/Legacy, AR 11:00 Inspirational Reading, AR 1:00 Devotions and Bible Study w/Pastor Thurman 2:30 Town Hall Meeting, AR 3:00 Johnny Appleseed Day (Fun w/Apples), CY 4:00 Big Screen Trivia, AR	9:00 Classical Music and Morning Paper, AR ¹² 10:00 Conversation w/ Tea Time, AR 10:00 Scrabble w/Friends, WR 1:00 Jigsaw Fun, AR 1:30 Remembering Girl Scouts, AR 3:00 Jackpot Bingo, AR 4:00 Card Games: Challenge a Peer, AR	9:00 Lobby Lounging and Chats, AR ¹³ 10:00 Shopping: Ollie’s 10:30 Exercise Class (Weights Optional), AR 1:00 Shopping: Walmart 2:00 “Friday the 13th” Movie and Popcorn, AR 3:00 Happy Hour and New Resident Meet and Greet, AR 5:30 What’s on the News?, AR	9:00 Saturday Paper w/Friends, AR ¹⁴ 10:00 Shopping: Dollar Tree 11:00 Word Search Puzzles, AR 1:00 Bridge and Scrabble, AR 3:00 Lounging w/ Friends, WR 5:30 Evening News, AR
9:00 Church Runs ¹⁵ 9:30 Big Screen Gospel and Bible Word Puzzles, AR 10:30 Open Table Games, AR 1:00 Scrabble w/ Friends, AR 6:00 Evening News, AR	9:30 Bank Runs ¹⁶ 10:00 Morning Paper & Talk, AR 10:30 Monday Morning Fitness, AR 1:00 Mandalas & Adult Coloring, AR 3:00 Giant Panda Documentary, AR 4:00 What’s on the News?, AR 6:00 South Hampton Women’s Bingo, AR	ST. PATRICK’S DAY ¹⁷ 9:00 Medical Runs, 48 Hour Notice 9:30 Parade Decorating, AR 10:00 Coffee Hour and Chat, AR 10:45 St. Patrick’s Day Indoor/ Outdoor Parade, AR 1:00 Jackpot Bingo, AR 3:00 Mandalas & Adult Coloring, AR 6:00 News and Word Searches, AR	9:00 Medical Runs, Request in Advance! ¹⁸ 10:30 Fitness w/Legacy, AR 11:00 Brain Fitness: Big Screen Riddles, AR 1:00 Devotions and Bible Study w/Pastor Thurman 2:30 Scrabble w/Friends, AR 3:00 Altmeyer Planning Presentation, AR 4:00 Big Screen Trivia, AR	FIRST DAY OF SPRING ¹⁹ 9:00 Classical Music and Morning Paper, AR 10:00 Conversation w/ Tea Time, AR 10:00 Scrabble w/Friends, WR 1:00 Jigsaw Fun, AR 3:00 Jackpot Bingo, AR 4:00 Card Games: Challenge a Peer, AR 4:30 Mad Hatter’s Tea Party, DR	9:00 Lobby Lounging and Chats, AR ²⁰ 10:00 Shopping: Goodwill 10:30 Exercise Class (Weights Optional), AR 1:00 Shopping: Walmart 1:00 Wal Mart Shoppers 1:00 Menu Chat w/ Chef Sarah, AR 2:00 New Resident Meet & Greet w/Cookies, AR 5:30 What’s on the News?, AR	9:00 Saturday Paper w/Friends, AR ²¹ 10:00 Shopping: Whole Foods 11:00 Word Search Puzzles, AR 1:30 Trip: Scenic Ride 3:00 Lounging w/ Friends, WR 5:30 Evening News, AR
9:00 Church Runs ²² 9:30 Big Screen Gospel and Bible Word Puzzles, AR 10:30 Open Table Games, AR 1:00 Scrabble w/ Friends, AR 6:00 Evening News, AR	9:30 Bank Runs ²³ 10:00 Morning Paper & Talk, AR 10:30 Sit and Be Fit Exercise Class, AR 10:30 Monday Morning Fitness, AR 1:30 Chips and Dip Day w/ Movie “Titanic,” CY 3:15 Outing: Relaxing Scenic Ride 4:00 What’s on the News?, AR	9:00 Medical Runs, 48 Hour Notice ²⁴ 10:00 Coffee Hour and Chat, AR 11:30 Pokeno, WR 1:00 Jackpot Bingo, AR 2:30 Big Screen Emoji Trivia, AR 6:00 News and Word Searches, AR	9:00 Medical Runs, Request in Advance! ²⁵ 10:30 Flex and Stretch Exercise Class, AR 10:30 Fitness w/Legacy, AR 11:00 Inspirational Reading, AR 1:00 Devotions and Bible Study w/Pastor Thurman, AR 3:00 Crochet Hour, AR 3:30 Trivia and Jokes and Oatmeal Cookie Baking, AR 4:00 Big Screen Trivia, AR	8:00 Waffle Day Breakfast w/Management, DR ²⁶ 9:00 Classical Music and Morning Paper, AR 10:00 Conversation w/Tea Time, AR 10:00 Scrabble w/Friends, WR 11:15 Lunch Outing: Fortune Garden Chinese 1:00 Jigsaw Fun, AR 1:30 Scenic Ride 3:00 Jackpot Bingo, AR 4:00 Card Games: Challenge a Peer, AR	9:00 Lobby Lounging and Chats, AR ²⁷ 10:00 Shopping: Kroger 10:30 Exercise Class (Weights Optional), AR 1:00 Wal Mart Shoppers 2:00 New Resident Meet & Greet w/Cookies, AR 3:00 Happy Hour, AR 3:00 Happy Hour w/Sax Player Charles Carter, AR 5:30 What’s on the News?, AR	9:00 Saturday Paper w/Friends, AR ²⁸ 10:00 Shopping: Main Street Consignment Shop 11:00 Word Search Puzzles, AR 3:00 Lounging w/ Friends, WR 5:30 Evening News, AR
9:00 Church Runs ²⁹ 9:30 Big Screen Gospel and Bible Word Puzzles, AR 10:30 Open Table Games, AR 1:00 Scrabble w/ Friends, AR 6:00 Evening News, AR	9:30 Bank Runs ³⁰ 10:00 Morning Paper & Talk, AR 10:30 Monday Morning Fitness, AR 1:30 Crossword Puzzles and Word Games, AR 3:15 Outing: Relaxing Scenic Ride 4:00 What’s on the News?, AR	9:00 Medical Runs, 48 Hour Notice ³¹ 10:00 Coffee Hour and Chat, AR 1:00 Jackpot Bingo, AR 2:00 Birthday Party w/ Roberto!, AR 3:30 Spa Hands, AR 6:00 News and Word Searches, AR				