

Spring’s Favorite Bird

The red-breasted robin is a familiar sign that spring is coming. Welcome the new season with these rockin’ robin facts:

- American robins are the largest members of the thrush family of birds, which includes bluebirds and nightingales. Males and females are almost identical, but males tend to be more brightly colored.
- The idiom “the early bird gets the worm” definitely applies to robins. They’re often spotted eating earthworms out of the ground during the morning hours.
- Impressive singers, robins’ best-known tune is their wake-up call of “cheer up, cheer up, cheerily.”
- Robins build their nests on tree branches and on the ground. Their pale blue eggs are so recognizable that there is a trademarked color called “robin’s egg blue.”
- The birds are very social and will roost in large groups. In some areas, a single flock can consist of a quarter million robins!
- The American robin is the state bird of Connecticut, Michigan and Wisconsin.
- In some Native American tribes, robins are symbols of peace and protection, and they are valued as hardworking and nurturing.

Yellowstone: A National Treasure

This month marks a major conservation milestone: 150 years since the creation of Yellowstone National Park, the first-ever national park. Located mostly in Wyoming and parts of Montana and Idaho, it was established March 1, 1872.

One of the most unique places on Earth, Yellowstone sits atop a giant volcano. Roughly half of the world’s hydrothermal features are found within the park, in the form of geysers, colorful hot springs and bubbling mudpots. The famous geyser Old Faithful erupts around 20 times a day, shooting hot water and steam more than 100 feet in the air.

With mountains, forests, grasslands, lakes, rivers and waterfalls, Yellowstone’s diverse landscape is home to abundant wildlife, including the greatest concentration of mammals in the continental U.S. Millions of visitors flock to the park every year to view elk, bears, wolves and huge herds of bison, which have lived in the area since prehistoric times.

Humans are also part of Yellowstone’s rich history. Archaeological evidence shows that people have been living on the land for at least 11,000 years. Today, more than 20 Native American tribes have strong connections to the region.

March Employee of the Month

Pearl Brooks is our March Employee of the Month. She works part time as a concierge and has been with us for three months.

Pearl likes working with people on all levels, but especially elders, she truly appreciates the wisdom she receives from them. She likes to make sure their needs are met on any level that she is able to help on. On her days off she enjoys meditation, reading the Bible daily, listening to gospel music, and oldies and goodies from the ’70s and ’80s. She likes eating healthy, staying in shape by exercising, walking, and going to the gym. She also enjoys going to the beach on a nice day, relaxing and watching the ocean waves and the birds and just enjoying the moment of life. Her favorite food is lasagna.

Pearl wanted to say that since she has been employed here at The Devonshire, she has received a nice welcome from the managers, staff and the residents. She wanted to say “Thank you” for having her here as an employee. She looks forward to many more days in our beautiful Community!



The Devonshire Lifestyle

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THE DEVONSHIRE
A RETIREMENT COMMUNITY

Like Us!

MARCH 2022

Titanic: Fortune or Fate Presentation

Last month, we had a presentation on lesser known facts about the RMS Titanic. The presentation was given by Wisteria Perry, Manager of Interpretation and Community Outreach at the Mariners Museum. Our residents learned many interesting facts, such as the types of foods served for each passenger class and the variety of music played on the ship. We are looking forward to having her back to teach us more about maritime history.



Neighborly Lessons From Mr. Rogers

He taught many children the importance of kindness, and his legacy lives on every year on his birthday, March 20, as Won’t You Be My Neighbor Day. Take some pointers from Mr. Rogers on how to do good in your neighborhood.

Say hello — In each episode of “Mister Rogers’ Neighborhood,” the soft-spoken host took time to say “Hi, neighbor!” to his viewers. A simple greeting can make others feel noticed and important. Regularly exchanging hellos can also lead to a friendly relationship between neighbors.

Communicate and listen — Kids learned how to handle conflict peacefully from the puppets that lived in the Neighborhood of Make-Believe. Hearing what others have to say and offering your own opinion in a gentle manner makes solving problems easier.

Be a helper — During frightening events, Mr. Rogers reminded us of his mother’s advice: “Look for the helpers. You will always find people who are helping.” No matter what’s going on in the world, you can always offer assistance to members of your community, in both big and small ways.

MARCH 2022

Locations

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

Birthdays

Anne Mellucci, 4th
Frances Coffey, 9th
Susan Houston, 13th
Estelle Milsap, 16th
Janie Gayle, 23rd
Annie Tensley-Daye, 30th

Country Store


Tuesday
11 a.m.-Noon

Thursday
10-11 a.m.

“Charm’s key ingredient
is consideration
for others.”

— Ellen Lubin-Sherman

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		MARDI GRAS 1	ASH WEDNESDAY 2			
		10:00 Coffee & Fresh Pastries, AR 11:00 Country Store 1:30 Prize Bingo, AR 2:30 Basic Sign Language, AR 3:30 Exercise w/Amy, AR 5:30 Scrabble Club	10:00 Dr. Seuss’s Birthday 9:30 Grocery Orders w/Amy 10:00 Worship w/Pastor Davis, AR 1:30 Dr. Seuss Book Reading 2:30 Brain Games w/ Legacy, AR 5:30 Dominoes, AR	10:00 Country Store 3 10:30 Exercise w/ Legacy, AR 11:15 Lunch Trip: County Grill & Smokehouse 1:30 Jackpot Bingo, AR 2:30 Menu Chat w/ Tom, DR 3:00 Game: Balderdash, AR	4 World Book Day 10:00 Grocery Shopping at Kroger 1:00 Shopping Trip to Marshalls 3:00 Happy Hour, AR 4:00 Evening News, AR	5 9:00 Individual Word Search Puzzles, AR 9:45 Scenic Ride 10:00 Board Games, AR 1:00 Movie: Residents Choice, AR 5:30 Scrabble Club, AR
6	9:30 Grocery Orders w/Amy, AR 7 9:30 Bank Runs 1:30 New Resident Meet & Greet w/ Snacks, AR 2:30 Manicures & Music, AR 3:30 Exercise w/Amy 5:30 Card Games, AR	8 International Women’s Day 10:00 Coffee & Fresh Pastries, AR 11:00 Country Store 1:30 Prize Bingo, AR 2:30 Game: Codenames, AR 3:30 Exercise w/Amy, AR 5:30 Scrabble Club	9 9:30 Grocery Orders w/Amy 10:00 Worship w/Pastor Davis, AR 1:00 Health Talk w/ Legacy, AR 2:00 Shamrock Painting w/Marcella, AR 3:30 Game: Finish Lines, AR 5:30 Dominoes, AR	10 National Oreo Cookie Day 9:30 Bus Trip to YMCA 10:00 Country Store 10:30 Exercise w/ Legacy, AR 1:30 Jackpot Bingo, AR 2:30 Menu Chat w/ Tom, DR 3:30 Cookies & Cards, AR	11 9:00 Dr. Prak (Podiatrist) 10:00 Grocery Shopping Trip to Food Lion 1:00 Trip to Barnes & Noble 3:00 Happy Hour, AR 4:00 Evening News, AR	12 9:00 Individual Word Search Puzzles, AR 10:00 Board Games, AR 1:00 Movie: Residents Choice, AR 5:30 Scrabble Club, AR
DAYLIGHT SAVING TIME BEGINS 13	14 9:30 Bank Runs 10:30 Table Games, AR 1:30 Movie: Residents Choice, AR 4:00 MSNBC News Hour, AR 5:30 Card Games, AR	15 10:00 Coffee & Fresh Pastries, AR 11:00 Country Store 1:30 Prize Bingo, AR 2:30 Mad Libs Word Game, AR 3:30 Exercise w/Amy, AR 5:30 Scrabble Club	16 9:30 Grocery Orders w/Amy 10:00 Worship w/Pastor Davis, AR 1:00 Town Hall Meeting, AR 1:30 Manicures & Music, AR 2:30 Brain Games w/ Legacy, AR 3:30 Exercise w/Amy, AR	17 ST. PATRICK’S DAY 10:00 Country Store 10:30 Exercise w/Legacy, AR 1:30 Jackpot Bingo, AR 2:30 Menu Chat w/Tom, DR 6:00 Entertainment w/Sentimental Journeys, DR 6:00 Special Event: St. Patrick’s Day Celebration, DR	18 10:00 Grocery Shopping at Lidl 1:00 Shopping Trip to Gabe’s 3:00 Happy Hour, AR 3:30 Karaoke, AR 4:00 Evening News, AR	19 9:00 Individual Word Search Puzzles, AR 9:45 Thrift Store Shopping 10:00 Board Games, AR 1:00 Popcorn & a Movie: “Going in Style,” AR 5:30 Scrabble Club, AR
SPRING BEGINS 20	21 9:30 Grocery Orders w/Amy, AR 9:30 Bank Runs 1:00 Popcorn & a Movie: “Titanic,” AR 4:00 Evening News, AR 6:00 Bingo w/ Northampton Women’s Club, AR	22 10:00 Coffee & Fresh Pastries, AR 11:00 Country Store 1:30 Prize Bingo, AR 2:30 Folklore Tales & Tea, AR 3:30 Exercise w/Amy, AR 5:30 Scrabble Club	23 National Puppy Day 9:30 Grocery Orders w/Amy 10:00 Worship w/ Pastor Davis, AR 1:30 SPCA Presentation w/Animals, AR 2:30 Brain Games w/ Legacy, AR 5:30 Dominoes, AR	24 9:45 Trip to Virginia Air & Space Museum 10:30 Exercise w/ Legacy, AR 2:30 Menu Chat w/ Tom, DR 3:00 Jackpot Bingo 4:00 Country Store, AR	25 10:00 Grocery Shopping at Walmart 1:00 Shopping Trip to Michaels 1:30 Ball Toss, AR 3:00 March Birthday Celebration, AR 4:00 Evening News, AR	26 9:00 Individual Word Search Puzzles, AR 10:00 Board Games, AR 1:00 Movie: Residents Choice, AR 5:30 Scrabble Club, AR
27 9:30 Jigsaw Puzzles, AR 10:00 Scrabble Club, AR 1:30 Word Search Puzzles, AR 2:00 Movie (Residents’ Choice), AR	28 9:30 Grocery Orders w/Amy, AR 9:30 Bank Runs 1:30 Manicures & Music, AR 3:30 Exercise w/Amy, AR 4:00 Evening News, AR 5:30 Card Games, AR	29 10:00 Coffee & Fresh Pastries, AR 11:00 Country Store 1:30 Prize Bingo, AR 2:30 Game: This Vs. That, AR 3:30 Exercise w/Amy, AR 5:30 Scrabble Club	30 9:30 Grocery Orders w/Amy 10:00 Worship w/ Pastor Davis, AR 1:00 Chili Bar, AR 2:30 Brain Games w/ Legacy, AR 3:30 Book Club Meeting, AR 5:30 Dominoes, AR	31 10:00 Country Store 10:30 Exercise w/ Legacy, AR 1:30 Jackpot Bingo, AR 2:30 Menu Chat w/ Tom, DR 3:00 Drama Club, AR 4:00 “Easy Listening Music Hour”		